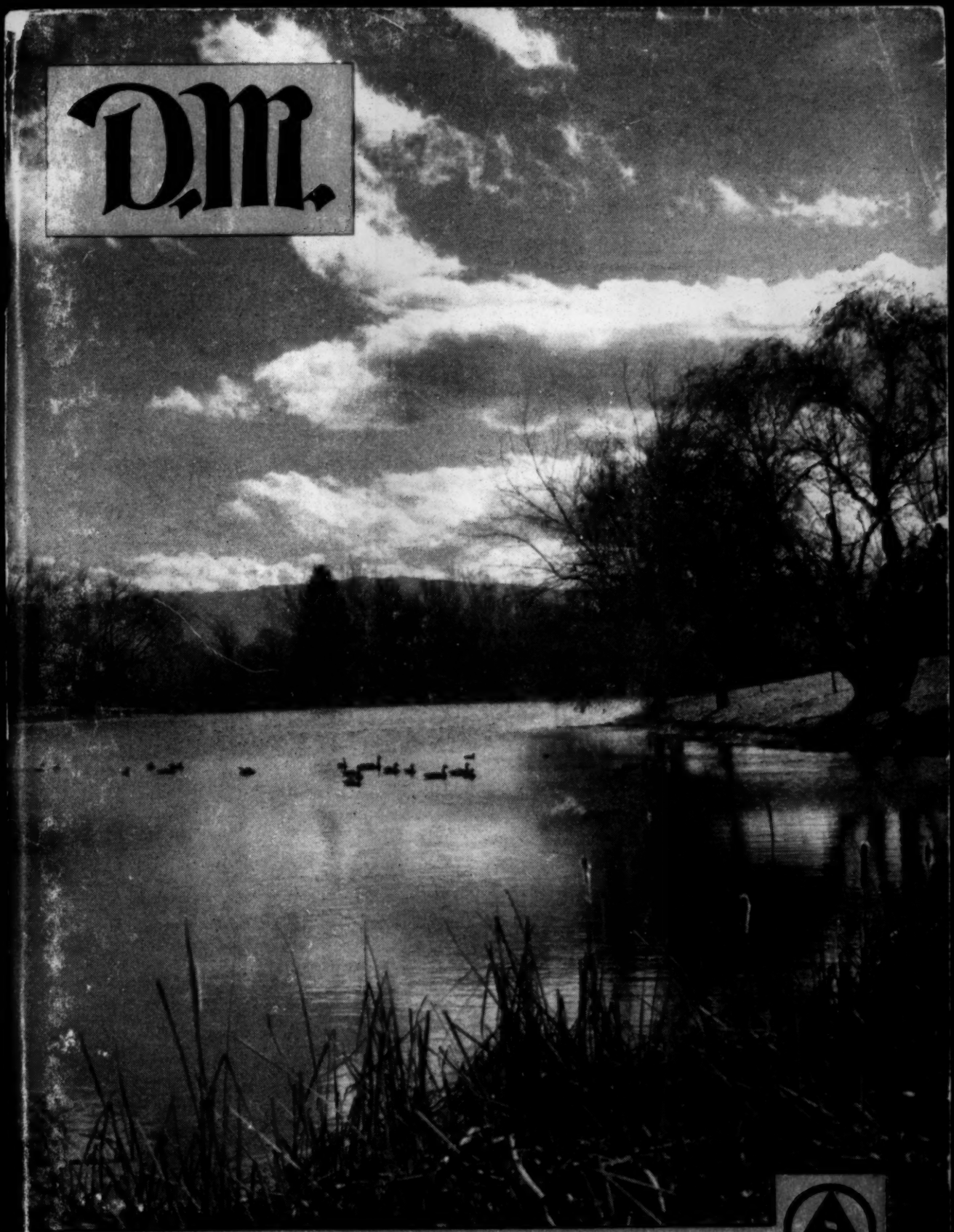
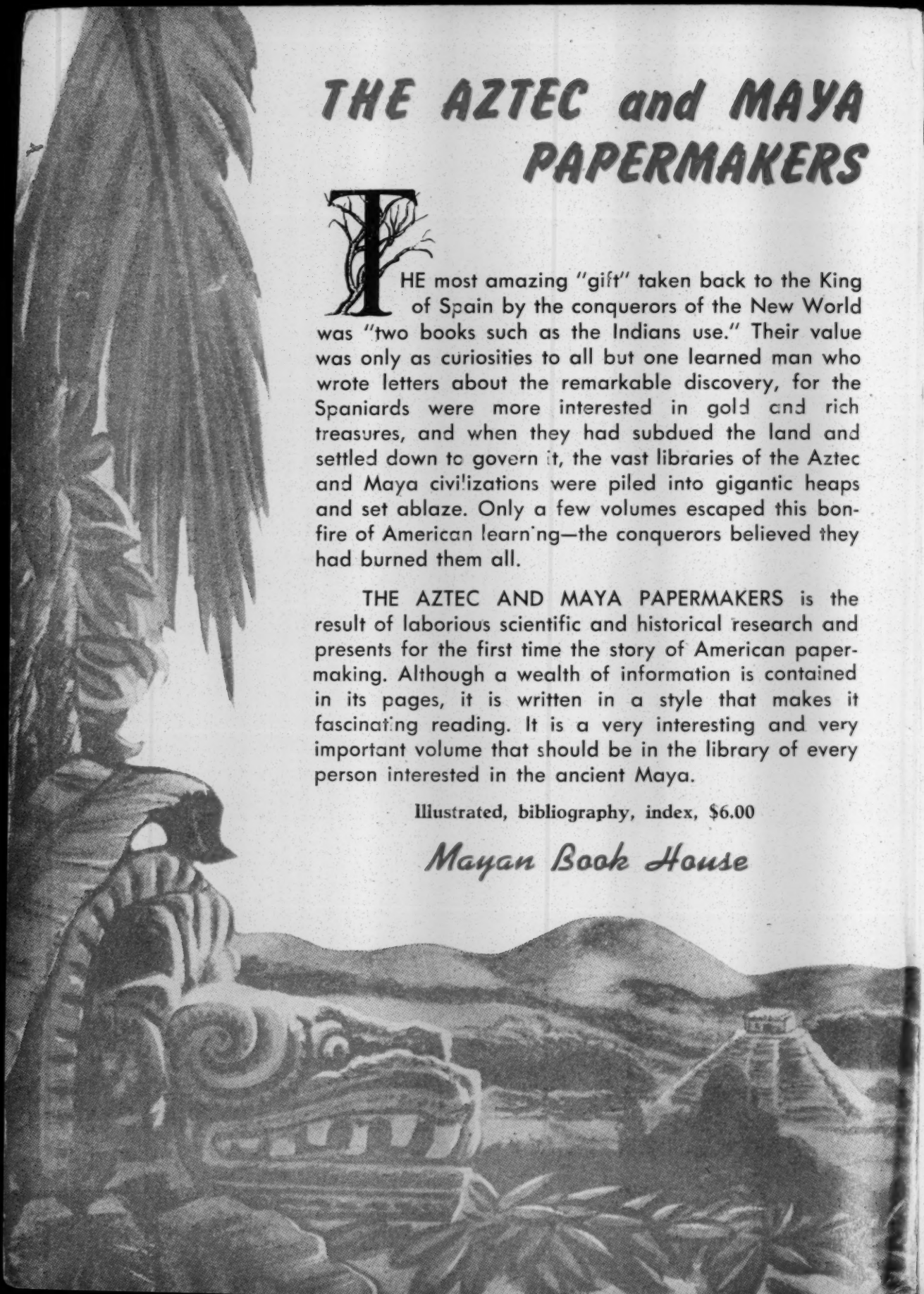
D.M.



OCTOBER 1951

DAILY MEDITATION



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THE most amazing "gift" taken back to the King of Spain by the conquerors of the New World was "two books such as the Indians use." Their value was only as curiosities to all but one learned man who wrote letters about the remarkable discovery, for the Spaniards were more interested in gold and rich treasures, and when they had subdued the land and settled down to govern it, the vast libraries of the Aztec and Maya civilizations were piled into gigantic heaps and set ablaze. Only a few volumes escaped this bonfire of American learning—the conquerors believed they had burned them all.

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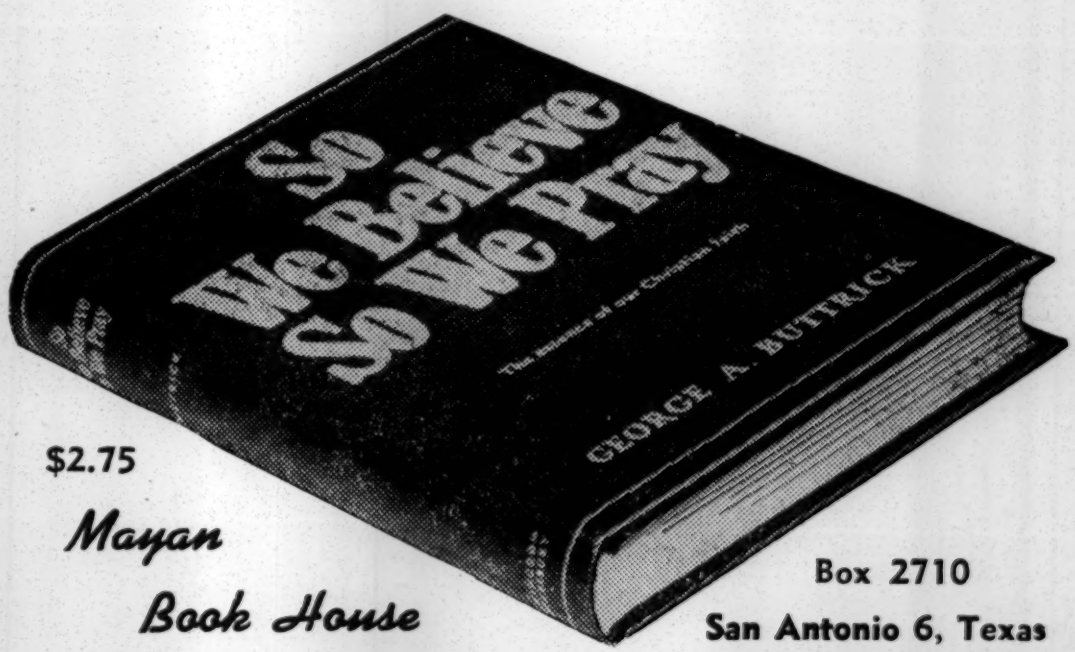

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Mayan Book House

Box 2710
San Antonio 6, Texas

October, 1951

Volume Twenty-Seven

Number Four

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Daily Meditation

"The Silent Guide to a Successful Future"

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FRONT COVER:

"Where He Leads" ..... Photo by Harold M. Lambert

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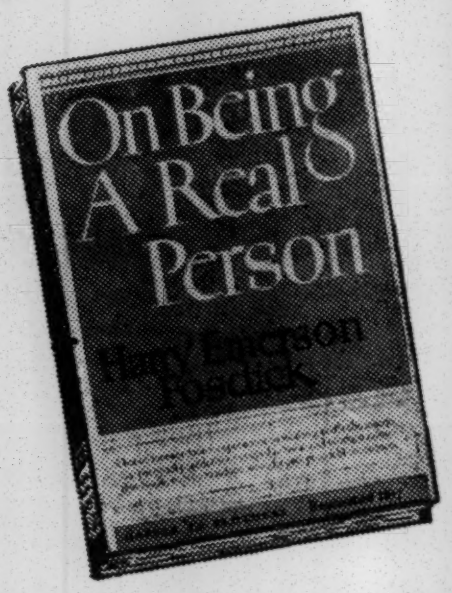
A book written for you by a man who knows how to handle your problems.



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NEWS & NOTES

You all enjoy our visits in my column as much as I do, I know, for in this way we chat together each month about the news from the members of our Mayan "family". We want to know what you are doing—we all want to share your news—so do write me about the interesting things that happen to you so I can pass them along through "News and Notes." If lack of space prevents my publishing your item immediately, we will include it at a later date.

Rose Dawn

October is traditionally the month of homecoming. It is then that our loved ones return to the family circle where cares and worries melt away in the warmth of affection and understanding. It is then that old friends get together to enjoy the companionship that only enduring friendship can bring.

It is the month of Homecoming for the Mayans too. It is then that we make a special effort to bring back into the fold those Mayans who are on the inactive rolls and also open the doors to new members, those who are worthy of Mayan membership. October is a month of wonderful opportunity for Mayans everywhere to increase the scope of Mayan teachings, to spread the good that has enriched our lives.

I heard the story the other day of

THE POWER OF POSITIVE LIVING

Everyday Psychology for Getting What You Want Out of Life

The challenge that "you can get what you want from life if you really go after it" is the keynote of this inspiring book. With illustrations from real life, the author shows how the positive approach can lead you to success.

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I wish to become a Member of the Mayan Order and enjoy all the privileges of the Order, including the lessons, the magazine, the books, and all the other benefits which are sent free to Members.

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If you are accepted as a Member, do you agree to keep secret the written material that will be sent to you?

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Do you agree to carefully read the lessons and other material and do all in your power to apply them to the betterment of your life? (Check one)

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The five dollars which I am enclosing as registration fee and first month's dues are my donation to the Mayan Order, and I will continue to donate to the Order the sum of $2.50 monthly as long as I wish to participate actively in the Order. If I am not accepted to membership, my money and this application will be returned to me promptly.

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MAIL TODAY TO

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San Antonio 6, Texas

NEWS AND NOTES

—FROM PAGE 4—

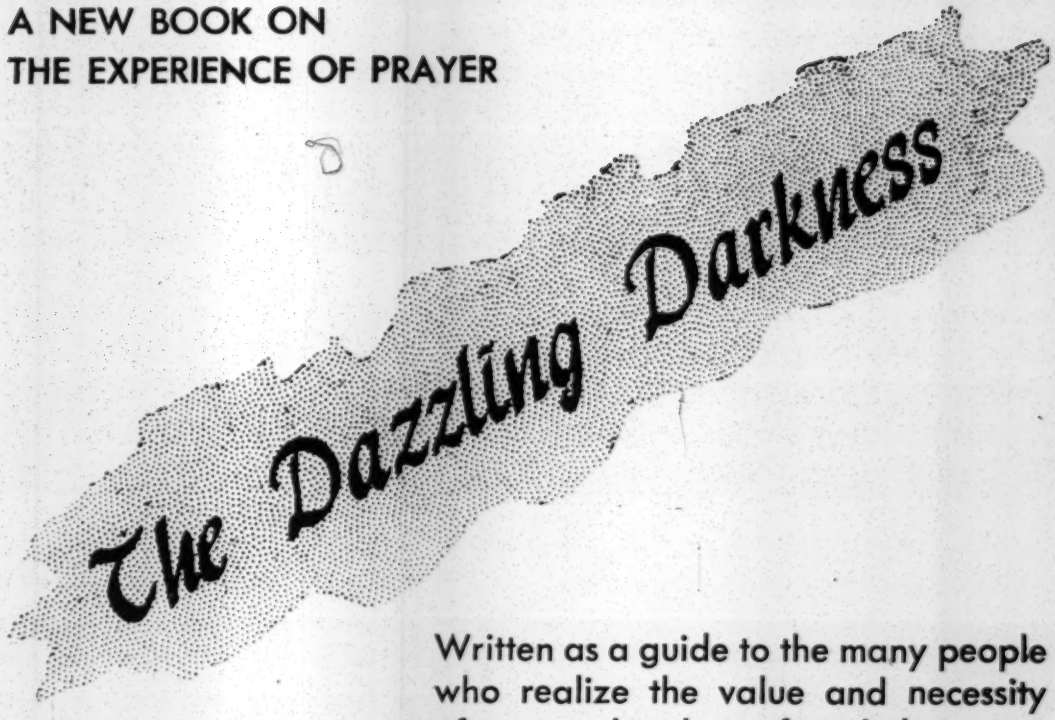
a young preacher who was, and understandably so, rather timid in approaching people who were older than he. As time went on, his courage grew—and with it grew the conviction that he should talk to a certain man about his spiritual welfare. The young pastor fought an inward battle, for the man to whom he felt drawn was the least likely person he could think of to be receptive to his words. At last, after two years, he got in his car, drove to the man's house, quickly got out of the automobile and strode up the walk before his courage would fail him. When the man opened the door, the young preacher did not take time to ask any of the usual questions, but without hesitation said, "I have come to talk to you about God." "I've been waiting two years," was the amazing reply.

To bring the Truth to one who is seeking is not a task of persuasion, but only of enlightenment. It is not a task at all, but a favor, for you carry good news to one who is spiritually starved—and you will find that he has been waiting for you to say, "I've come to tell you how you can live an abundant life." His reply will be just as amazing as was the answer given the young preacher. Those who are worthy of Mayan membership, those who are in need of the help Mayanry can give them, are waiting for you to speak, so don't let lack of courage hold you back.

And think how wonderful it would be if every Mayan would bring one new member into the fold, for each new member carries the wonderful Mayan Way of Life just that much farther out into the world that is so in need of God's love and His peace.

I doubt if there is a Mayan anywhere who does not have a loved one or a dear friend who is seeking for

A NEW BOOK ON
THE EXPERIENCE OF PRAYER



Written as a guide to the many people who realize the value and necessity of prayer but have found their own prayers dull and disappointing.

IN THIS UNUSUAL STUDY, the author has attempted to clarify the air of prayer, to indicate the more common causes of failure in achieving this aim, and to suggest a possible way towards a more real and satisfying prayer-life for those who seek to reconcile the practical and the mystical in their approach to God.

Starting with a consideration of practical mysticism, the book then answers the question, "Is prayer dull?" and in the following chapters analyzes the whole process of prayer with some reference to accepted psychological principles.

THE DAZZLING DARKNESS is a guide to lead the reader up the steps leading into the life of victorious prayer.

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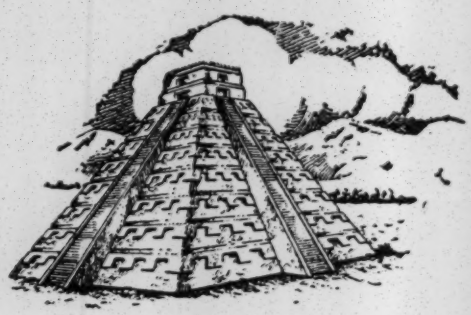
the ANCIENT MAYA



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WE PROCLAIM this one of the greatest books on the Maya that has ever been published. THE ANCIENT MAYA. Get your copy today.

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THE MAYAN BOOK HOUSE

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San Antonio 6, Texas

NEWS AND NOTES

-FROM PAGE 6-

Truth, who needs Mayanry. Many of you know a dozen, or more, who would make worthy members in our beloved Mayan Order. Speak to them today of the benefits you have received from the lessons, tell them how much happier you are since you became a Mayan, and bring them into membership so that the good you enjoy can be theirs also.

To those of you who have become inactive, I only wish I could personally tell you how happy I will be to welcome you back home into active fellowship. I want you to take part in our Homecoming activities too, so write me today and tell me that you will be with us in our celebration.

★

As you know, it is August as I write my column for this issue, so vacation news is still coming in to headquarters.

Here is an interesting card from Companion Chloe A. Montgomery, of Castleton, N. Y., who visited the final resting place of Franklin D. Roosevelt at Hyde Park and then went on to the Connecticut coast for an enjoyable time.

Companion J. E. Savage, of Salem, Oregon, is spending three weeks on his father's Avocado Ranch in California.

Before me is one of those huge jumbo cards from Companion Lucy K. Wilkes, of Yonkers, N. Y., who sent greetings from Mt. Washington and the surrounding beautiful mountain country.

Companion Florence Poling and her husband, of Huntington, Ind., took quite a leisurely vacation via railroad, stopping whenever they grew tired of the train, staying over a day or two if they wished, and then continuing on their way. They went to

(Please turn to page 60)

YOU CAN IMPROVE YOUR SPEECH AND STILL BE NATURAL

SPEAK FOR YOURSELF

Do you say what you mean? Do you express ideas so that they convince? Are you satisfied with your voice and diction?

SPEAK FOR YOURSELF shows that the idea contains all that is needed for its expression and at the same time does away with self-consciousness, self-depreciation and self-centeredness.

This book is for everyone with an idea to express. Easy to understand, its few simple rules are easy to apply. SPEAK FOR YOURSELF is the book you've been looking for.

HERE IS WHAT OTHERS SAY . . .

"The author has written an inspirational book that gives the reader a full measure of sound, usable advice. It will be helpful to all who are interested in improving their speech."

RUDOLF FLESCH, *Author of* "The Art of Plain Talk"

"This is an exceedingly useful and helpful book to everyone who speaks, whether he address the United Nations Assembly or merely say, 'Please pass the butter.'"

HALFORD E. LUCCOCK
Yale Divinity School

at your

Mayan Book House $2.75

The News Letter for October

Dear Friends:

How do you live each day? Are your conversations always in the spirit of brotherly love? Are you as careful about "unimportant" things as about something of vital significance to you?

This is the month of testimony for all Mayans. During our Homecoming and Fall Festival activities, we approach those whom we feel should be told the good news of the more abundant life. But is the word you speak undone before it is uttered by some "little" unkindness, some "little" inconsideration?

October must be a month of careful self-examination, for no act or word is too little to be noticed by one whose only "Bible" is your life, and one uncharitable word or deed can undo a hundred words of witness. Our lives must be living proof of the great love of which we speak.

From Spencer Compton comes the story of an incident which occurred during an ocean voyage to India. He was seasick and resting in his cabin one evening when he heard the cry, "Man overboard." Not wanting to be in the way of rescue efforts up on deck, he remained below. "What can I do?" he asked himself and instantly, unhooking his lamp, held it near the top of his cabin, close to the porthole so that its rays might shine on the sea as near the ship as possible. In only a half minute's time, the glad shout went up, "He's safe!" The next day, Mr. Compton was told that his little lamp was the only means of saving the man's life, for its rays guided the rope that was thrown to reach him.

Let our prayers during October begin with the request to be completely filled with the Spirit and Love of God so that everything we do will reflect Him. Then, let us ask that God will direct us to the ones to whom we should carry the light and let His words of wisdom flow through us. If we sincerely and earnestly pray in this manner, October will be the most wonderful month we have ever known.

Rose Dawn

BEFORE WE SLEEP

do you toss impatiently, or can you relax?

L. M. Beck

SOME OF US, perhaps many of us, do not fall asleep the moment our tired heads touch the pillow. There is usually a waiting period during which we leisurely reconsider the events of the day, or relive some of the more interesting moments of our past lives.

The nature of these meditations will vary according to the age of the one indulging in them. In youth, they will probably consist of idle—and sometimes fantastic—castle-building for the future. At that age it is natural that the outlook should be towards the future, and a certain amount of dreaming and planning is both necessary and constructive. But when such fantasies are indulged in at the expense of the more prosaic present, they become destructive rather than constructive and have a tendency to unfit the dreamer for the practical work-a-day world. If they are ever to appear in concrete form, it is necessary that they should be accompanied by some practical application.

When we reach middle-age, our reveries are usually two-fold. Many of them will still bear upon the future, for we naturally believe we have about as many years before us as behind us, but we also have a good deal to look back to, and we may —erroneously, of course—regard those past years as the best part of life. The present time means little in comparison, and the future—vague and uncertain—even less.

If we would but realize how unimportant the past is now that it is no longer the present! It

can, and will, have its effects, both in the present and in the future, but nothing we can do now will alter those effects. The past has been lived. It is dead and should be forgotten. But the present is here, and the opportunities it presents to us should be used to the full.

WE BELIEVE — and indeed we *know* to our own satisfaction—that our individuality, through every phase of existence, is unchanged and unchangeable, no matter what personality we may wear; that life is eternal; that we have come here to learn certain lessons, to correct certain mistakes, and to do our utmost to reach the perfection which is our goal.

One of the surest ways to reach that ultimate perfection is to realize our *One-ness* with our All-perfect Creator. When we think of God's perfection and of our own imperfection, this is not an easy thing to do. The distance between us seems insurmountable; yet we know we have been created in His own "image and likeness," therefore all the fundamental divine qualities are latent within us, the difference being only in degree.

Shall we not use those valuable night moments for that particular purpose? There is nothing we can think of that would be more worthwhile. Perhaps some of us, while both willing and anxious to work along those lines, may be a little uncertain as to how to set about it and would welcome a few suggestions. First then, we should try to concentrate upon some one of the divine qualities. They will immediately suggest themselves to us, for we see them all around us in the laws governing our universe. They are Love (Attraction), Truth, Intelligence, Activity, Justice, and so on. Suppose we take Truth as an example. Accuracy, another name for truth, is seen best in the movements of all the heavenly bodies—in the orbital swing of the planets, the regular reappearance of comets, the rotation and revolution of our earth, and in the periodical eclipses of sun and moon.

We, too, have that great truth within ourselves, in varying degrees according to our development. It may at first appear that truth is an almost negligible quality in the average man, but it is there, even though not always apparent. While most parents try to instill a love of truth into their children, they do not always set them a good example. We have conveniently tried to "whitewash" many of our incorrect statements by calling them white lies or social lies, while in reality there can be no such gradations between truth and falsehood. A child is naturally truthful, and until he has learned to copy others and

so save himself, he thinks, from certain unpleasant consequences, he will unhesitatingly tell the truth and be as accurate as possible in his statements. And we know there are many men and women who would willingly sacrifice their lives rather than tell a lie.

We might take Justice as another example, for most people have that quality fairly well developed. In those cases where public injustice appears to have been done to any individual, there are always thousands of people ready and willing to do their utmost to have the matter properly adjusted.

THESE ARE SOME of the qualities of Divinity that lie within us, but there are also mighty Forces and Powers that link us indissolubly with our Creator. Take, for instance, the one sometimes referred to as the Law of Cycles. We see its operation in both great and small things, in the macrocosm as in the microcosm. We see it in the cyclic movements of the heavenly bodies, in the recurrence of the Seasons, in summer and winter, in day and night, in birth and death.

How many of us think of the eternal rhythm flowing through everything, of the waves of every description that are pulsating through this universe? Light is a vibration, or wave, and so is Sound. Heat waves, Electric waves, and countless other waves float around us or travel through us. Science has made many of them familiar, but there are still others that science has not yet understood or recorded.

Through them all there is rhythm! From the smallest electronic particle in the atom to the greatest star or sun, all is undulating motion, vibrating rhythm. And because we are a part of this great Universe and One with its Creator, these same rhythmic waves regulate the life forces of our physical bodies. Each throbbing heartbeat is in tune with the great pulsing Heart of the Universe. With every inhalation and exhalation of breath, we become one with Light and Darkness, with Summer and Winter, with the rise and fall of mighty civilizations.

AS IT IS with our physical bodies, so it is with our minds and souls. The same rhythm operates there also, although we may not be unconscious of it unless we attune ourselves to that Infinite Power through meditation and concentration. When we think of some particular quality or power that we possess, we should endeavor to trace it back through all its manifestations to its Divine Source. Or, reversing the process, we can trace a Divine Quality or Power through the whole of Nature

to ourselves. In this way, we can the more clearly see our real One-ness with all things, and with the Creator of all things.

As we proceed along these lines, still wider vistas will open to our understanding, and there will never be any shortage of material for our nightly meditations. We may find it difficult to carry any particular thought to its ultimate end, for there will always be something beyond, but when we feel that sleep is near we can continue with the same subject on a subsequent occasion.

Having prepared our minds, we can then relax both mentally and physically. In this semi-conscious condition, we shall feel in perfect harmony with all things and it should not be difficult to send out impersonal thoughts of Love to all things and to all beings. This will be of twofold value. It will bring us into greater harmony with Divine Love, and so in tune with the Universe, and it will protect us during our hours of unconsciousness. Throughout our waking moments we have the power to destroy any evil thought or influence that may reach us, but during sleep that door to the unconscious is left unguarded. Love, being the highest form of Good, is the best protection we can have, and by letting it flow through us during our last moments of consciousness we can be assured of complete security.

We then breathe more slowly and more deeply, just as if we were actually sleeping, letting that small reflection of God's Love flow out into the world through our thoughts. And those thoughts that have been reaching upward to Divinity Itself, trying to understand, longing for an actual realization of One-ness, are actually prayers in their highest form, and must be more acceptable to God than any form of mere words. In such moments, there is a real uplifting of consciousness and a true Communion of Spirit.

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Find out how your whole progress and experience is an endeavor to obtain more knowledge of the laws which govern your life. The Mayan Order enables you to acquire the ability to become a master, rather than a pawn, in the pattern of things.

START NOW!

Fill in the application blank on page 6 and MAIL IT TODAY!

A day dawns, quite like other days; in it a single hour comes, quite like other hours; but in that day and in that hour the chance of a lifetime faces us. —*Maltbie Babcock*

this is GOD'S DAY

Myrtle Shay

THIS IS God's day! Washed clean with the morning dew, He gives it to me to use according to my choice. It is given me as a clean, white page, and on it I shall set forth, ere the sun goes down, the images that are in my mind and heart—images of ugliness or of beauty, of doubt or of faith, of despair or of hope, of hate or of love. All will be there on its shining surface for everyone to see.

Each lovely thought, each word of comfort or of cheer, each loving deed will be there, graven upon the page that is God's day. The scowl, the unkind word, the bitter thought will be there too, marring its beauty.

The sum of these pages make up the scrapbook of my life. Each page shows forth unerringly my virtues and my faults. It is a day-by-day record of my life, this scrapbook, and in it there can be no cheating, no covering up of things I long to hide, for they have all become a part of me.

All my yesterdays are pages turned, their contents locked securely in the innermost depths of my being. I cannot recall one of them—I can only remember —and all the good and bad of those lost pages are indexed in my face for all to see. But the pages of yesterdays do not form the pattern for today. If I have marred the past with ugliness,

there is yet today. If I fail today, there is still tomorrow.

EACH DAY, I write a new page in my scrapbook of life. Each morning, I turn the page and write anew. Whether I am to taste of life's sweetness or know its bitterness depends upon the things I image and record this day.

Because I want my life to be happy and useful, because I want my face to reflect the serenity of a quiet soul, I will select with care the things I put into the scrapbook of my life and I will guard with diligence the sanctuary of my heart where images are born.

Here in the silence of my inmost temple, I will commune with my loving Father, seeking to know His will and letting Him direct my thoughts, my words, and my activities. Then, indeed, will this page that is God's day be bright and shining and my book of life be beautiful and unblemished. And the index to my soul will show forth beauty and peace and understanding love.

TODAY I STAND with heart uplifted, facing life's problems with courage and with faith, because I know I do not stand alone. The Father is "closer than breathing and nearer than hands and feet," and in my heart there is a song of gladness because I am remembering that *this is God's day.*

DOXOLOGY

From mellow orchard and from scarlet wood,
There comes the reverent whisper, "God is good."
Where on ripe fields the sun caressing lies,
The soft wind softly murmurs, "God is wise."
A far-flung bird song thrills the waiting air:
"God is good, God is wise, God . . . is here."

—Esther W. Buxton

+ LOVE

Bertha Grierson Cope

WE ALL KNOW men and women who serve faithfully, yet fail to find the success and happiness they should. They have faith in their work. There is hope, too, as they picture the fulfillment of their desire for accomplishment. Time passes, however, and as those dreams become fainter, their faith begins to wane and many times hope dies. What is wrong with their service or with them?

After some time, many of these come to accept what seems to them to be inevitable—a mere existence. But for others, Truth comes into their lives and they find that the secret of their failure is within themselves. "Faith, Hope, Love . . . but the greatest of these is Love." Yes, to their faith and hope they have failed to add "the greatest of these"—Love. They fail to serve lovingly, and service without love will in time bring a dwindling of the very life in that service, for love is the heart of all life and the force which makes for a greater and happier life.

A YOUNG WOMAN was working as housekeeper in the home of a friend of mine. One could not help but wonder why she was filling what might seem to be a very humble position, for she showed more than the average culture, education and refinement. But something beneath her outward composure seemed to fairly shout, "I hate it! I hate it!"

Her employer explained that the young woman's husband was an ex-service man who had been in a Naval Hospital ever since the War. In order to support herself and to save as much as possible, Lottie (the young wife) had taken this position.

"She is a wonderful woman and does her work well," Mrs. Mason told me, "but I feel that

she not only resents the work but resents us as well."

A few evenings later I found the opportunity to speak with Lottie. "I would not mind anything, not even this work, if my husband could get well. But the doctors say there is little hope," she said bitterly.

She promised to come to a Truth lecture the next evening. At the very door of the lecture room she turned back, but something seemed to pull her in. Of course that something was God's love and wisdom drawing Lottie and her great need together, nor was it chance that the speaker spoke on love that evening after having intended to speak upon another subject. And Love was the greatest need in Lottie's life at that time. At that meeting, she received the first ray of light which later dissolved the clouds of doubt, despair and fear which enveloped her.

Now, with love added to service, Lottie no longer hated her work but blessed it as being the channel through which the light had come. And in every phase of her life this young woman learned to send out love. In her periods of the Silence, she would mentally see great waves of love going from her into the ether as she repeated these words, "I send my love to the whole wide world." She would direct these healing waves of love especially to her husband and to all whom she knew were in need of God's healing power.

As is so often the case when Truth takes one, Lottie forgot herself so completely that her small personal Self became merged into the Great Universal. Her one thought was no longer for her own personal gain, but her love was daily sent out in thoughts of love for all. So it was that when she was offered the position of physical instructor in a nearby college, a position which she had once held and had tried several times since to get, Lottie did not think it strange. She knew that it was the working of the law of Love which she herself had set in motion.

That was the first step toward the "pressed down and running over" of good which came to her. In less than a year, she was settled in a little home of her own and a few months later her husband left the hospital, healed in body and happy in mind, ready to begin a new life.

AS THE LAW OF LOVE excludes evil and hate, the first thing necessary toward a new life in Truth is to erase from our consciousness the belief in evil, belief in a dual God, for love wipes out hate and replaces it with itself, Love. Love is from God and is a part of God, so it is essential that we

give out love if our life is to be full and complete. We must learn to cultivate a spirit of love toward every condition of our lives, our work, and all those with whom we come in contact. We should bless the work in which we now find ourselves, knowing that it is a stepping stone toward our higher unfoldment.

Love is the foundation upon which the universe is built. Because of the absence of love in the hearts of men, there have resulted sickness, suffering, sorrow and lack, for love is the unifying power of Spirit which makes possible our at-one-ment with God.

We often find those who, after coming into Truth, still carry an old grudge against someone whom they feel has wronged them. They say they have forgiven that one, but too often it is forgiveness in words only. It is forgiveness without love, and it never becomes true forgiveness until it is a forgiveness plus love.

To faith also love must be added, for love dispels all fear and doubt. With love, all selfishness and hate vanishes, for love recognizes only the limitless, not the limited, human Self. When we have learned to hold an enemy in the thought of love, that one must cease to be an enemy. Sooner or later, our thought of love will have its influence upon that one's life and he will give love in return. The Truth follower soon learns that if he is to have love, he must first love—not alone his friends, but the whole world.

One of the most loving and most loved woman I have ever known told me that she begins each day with the statement, "Dear everybody, I love you." To every phase of her life, she has added love. "Plus Love" has been her watchword and in the degree that she has loved, has she been loved in return. For the thought forces she sends into the ether create after their own kind and those thoughts of love come back in kind.

As we come into deeper realization of love we come to see the Christ in every man. By living in the thought of love for others, we draw their love to us. When we learn to send out love in return for hate, we neutralize that hate so that it has no effect upon us, and when we love our enemy he must in time become our friend.

YES, PLUS LOVE . . . Service Plus Love . . . Forgiveness Plus Love . . . Faith Plus Love . . . Hope Plus Love. Giving of whatever kind without love is devoid of the essence of life that brings forth the increase. The more love we use, the more we have. Love is both the fulfillment of the law and is the law itself. *Plus Love.*

One Hundred and One

WHENEVER JACOB RIIS, famed New York journalist of the '80's and intimate of Theodore Roosevelt, encountered a struggling young reporter whose spirits sagged under the press of discouragement, he related the story of the stonecutter.

"Go watch him," Riis would advise. "You will see him hammer away at a rock without letup. He will strike it perhaps 100 times, and never a crack will appear. Yet at the 101st blow the stone will be cleft. But it was not this stroke that did the work—it was all those seemingly useless strokes before."

How well did the Danish-born Riis know the truth of this illustration. How many times he must have drawn courage from it when he was crusading for the clean-up of the New York slums!

ACCOMPLISHMENT, the realization of hopes, attainment of ideals—these for most of us are not the result of a single effort nor of a hundred. They require sustained application despite discouragement and perseverance when progress seems utterly lacking.

One hundred prayers may not win the will of God. One hundred smiles or friendly words will not always make a friend of an indifferent or hostile fellow man. One hundred kind deeds may not bring you the thrill of knowing that your help is felt and appreciated and needed. One hundred words of comfort may not stay the tears.

And yet you must not quit. What a shameful waste—to build a stairway towards the stars, and cease with but a step or two to go. Such defeat as man invites—to strike 100 times, and put away his tools because, blinded by discouragement, he cannot see the faith that signals for another blow.

HAMMER AWAY, and keep on striking even to the 101st blow. The rock will part.

William J. Murdoch

"....ON THE SANDS OF TIME...."

I am part of all that I have met.—Tennyson

Estelle Finnegan

IF WE WERE really aware of the influence we wield in our daily lives, each individual would earnestly strive to leave impressions on his fellowmen that would be a blessing in his journey through life. Someone has aptly said, "The influences we meet are not simply held for a moment on the polished surface and thrown off again into space. Each is retained where first it fell, and stored up in the soul forever."

No man can meet another in his daily work without making some mark upon him. We often say we exchange words when we meet, when what we actually exchange is souls. The whole vast pyramid of humanity is in fact built on the doctrine of influence.

We are all familiar with Paul's application of the Law of Influence. He knew exactly why he was a changed man, knew that being with Christ had accomplished the change. They had met on the road to Damascus and from that hour his life was absorbed in that of Christ. Each word had taken root and the impressed forces did their vital work. He became, through this influence, like Him whom he loved.

SO IT IS with our lives. We are each reflecting what we are and no doubt many things we think hidden are being reflected in great brightness. That is why, of course, we should have only good and happy thoughts and perform good deeds along life's journey.

There are some men and some women in whose company we are always at our best. While with them we cannot think evil thoughts or speak unkind words. Their mere presence is elevation and sanctity. All the

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best within us is drawn out by their presence and we find a music in our souls that was never there before. Let us suppose for a moment that influence was prolonged throughout a month, a year or a lifetime.

Alas, too often we meet others who do not influence us in such a manner. They are critical of their neighbors and friends and see but little good in the world. Here we need strong character in order not to be influenced by their words. It would be just as easy for them to spread sunshine and leave an influence for good but they seem blind to the importance of their influence, feeling perhaps that one small life does not matter, that they are too unimportant to bring much sunshine into the lives of those with whom they come in contact.

Each individual can recall some outstanding influence in his or her life, some meeting with a friend that made an indelible impression. As swallows who found a summer, as frozen buds the spring, their starved soul bursted into a fuller life. They cannot tell you how it happened, but they are different. The next day they find themselves like their Master, going about and doing good deeds. To them it is unaccountable, but they cannot do otherwise. Certainly they were not told to do these good deeds, but something within them cried out for action.

IF WE MAKE CHRIST our constant companion, we will be under His great influence and it is sure to be reflected. Living under His influence will make each day a happy one. Every one of our actions has a key-note—let Christ set it. After a day of successful living, you will not congratulate yourself as one who has done a mighty deed, or achieved a personal success—you will be conscious only of the "glory of the Lord."

In looking at a mirror, one does not see the mirror or even think of it, but only of what it reflects, for a mirror never calls attention to itself, except when there are flaws in it. If we are true followers of Christ it will surely be reflected in our lives and we will daily influence others for good.

Whether we like it or not, we do, after all, "live in glass

Tell Someone about Mayanry Today!

houses." The mind is simply a vast chamber panelled with looking glass, and upon this depends the capacity of mortal souls to "reflect the character of our Lord."

You will find, if you think for a moment, that the people who influence you are people who believe in you, so give those whom you meet every chance to believe in you, and you will find encouragement and real fellowship. If we try to influence or elevate others, we shall soon see that success is in proportion to their faith in our belief in them.

Each individual is searching for happiness and encouragement and if we lend a willing hand we are his influence for good. He, in turn, will—perhaps without even knowing it—pass this encouragement along to another desperately in need of a kind word and a smile.

YOU WILL FIND the road to character in the stream of the world's life. That chiefly is where men are to learn the value of love and feel our influence for good—and it is so easy to smile and speak a friendly word as a greeting to those whom we meet. Most of them are carrying deep burdens, and a few kind words spoken in time of need may change an entire life.

Edward Irving once went to see a dying boy, and when he entered the room he just put his hand on the sufferer's head and said, "My boy, God loves you," and went away. The boy sat up in bed and shouted to the people in the house, "God loves me!" Those magic words changed the youth. The sense that God loved him overpowered him, melted him down, and began the creating of a new heart in him. And that is how the love of God melts down the unlovely heart in man and begets in him the new creature, who is patient and humble.

If we walk about with an expression of doubt on our faces, we cannot hope to influence many people to lead noble lives. There must be the reflection of Christ, the reflection of sincerity and belief.

OUR LIVES MUST be in tune with God to influence others. Every influence will depend upon the instruments we bring for the tuning and we should put our instrument into the best working order possible. We are told in the Bible to "add to your faith virtue, and to virtue, knowledge, and to knowledge balance." This means the perfect tuning, and only when we are in perfect tune can we reflect Christ. And let us remember to hold the truth in love. That is the most sanctifying influence of all. If we can leave with our fellowmen a feeling of love, tolerance and sincerity,

we have influenced them—and this influence will be passed on, weaving an endless chain of good deeds and certainly such a life will bring happiness.

We can influence those with whom we come in daily contact by a smile. Like the sunshine, it is hard to estimate its value and influence. It may mean all the difference to the recipient between black despair and cheerfulness and hope. A kind smile is beyond price to the erring and cheers him to struggle back to the paths of right and duty, from which he has diverged in pursuit of pleasure; while to the sorrowful, the desolate, and the forsaken, it has the happiest effect, only comparable with that of the sun in dissipating the thick cloud and fog which sometimes entirely obscures a fair landscape. A smile is a token of warmth within; it shows the kind heart of the friend, the affectionate brother, the loving child, or the happy husband.

Let us turn our thoughts toward those who have greatly influenced us and pass along this influence in our own daily lives. It costs nothing to spread sunshine and cheer, and we can influence our fellow travelers, causing them to leave lasting "footprints on the sands of time."

In the Next Issue

If you are perfect, this article won't interest you; but if you have been wanting to "remodel" your personality or character, or both, you will find a method that works in your next **D. M.** It is so simple and so practical that you will wonder why you have not discovered it for yourself. Let *Irene M. Clemons* show you *"How to Transform Your Life in One Week."*

★

Where are you going? Unless you are sure of your destination, life doesn't mean very much — it is a series of "happenstances" resultant from aimless drifting. Where do you want to go and what do you want to do? This is undoubtedly one of the most important, if not the most important question we have to answer. Look for *"Port of Destination" by Estella Ynez Carpenter* in the November **D. M.**

YOUR FATHER KNOWS

that you have need

Madeline G. Wilson

"TO A WATERFOWL" is universally loved and has been acclaimed as one of William Cullen Bryant's best poems. It is so well liked because it brings with it a message that is dear to all mankind . . . God's love and guidance for those who seek it.

This poem was written about a true, personal experience. This accounts for its forceful, appealing beauty. It is said that on December 15, 1815, when Bryant was twenty-one years old, he started out one day to a neighboring village to see if he might open a law office. He had spent every cent he possessed on his education, preparing himself for the profession of law. Being without funds, he was forced to walk across country to that village.

As he traversed the beautiful hillside country, he became melancholy. Things did not look so bright. He was worried about his future. What would become of him in this big world, he wondered. He felt forlorn and desolate. The sun had already set, and as darkness descended he stopped to gaze at the rosy splendor of God's beautiful sky.

Drinking in the beauty of

what he beheld, he suddenly saw a solitary bird making its way resolutely, steadily across the pathless sky. He watched it until it disappeared from sight, and then he began to think about how God guided that small bird through the boundless sky. He knew the same God who directed the flight of that bird would certainly guide him safely through his difficulties if he would but let Him. He was ashamed of himself for having even doubted God's guiding care.

That lone bird had brought into his doubting heart a forceful lesson which he would never forget—that for those who trust in Him, their steps in life will be guided aright. And so he wrote:

"He who, from zone to zone,
Guides through the boundless sky thy certain flight,
In the long way that I must tread alone,
Will lead my steps aright."

WHAT A BEAUTIFUL lesson! God has a hand in directing the lives of all of us. How often we, like Bryant, see all about us naught but darkness and grief. We wonder what is to become of us. We are lonely and afraid in this big world! That is, we are lonely and afraid if we are without God! He is our guiding star, our beacon of light. Without Him we are lost. Without Him we are lonely. Ever conscious of His nearness, we have the steadfast assurance that He will direct our steps aright . . . and guide us safely through the trials of life.

The Guiding Light

O Master, let Thy light of love
Shine in my heart today,
That truth and peace may radiate
My life in every way;
O let Thy glory shine afar . . . . .
A beacon light to guide
My steps along the road of life,
And keep Thee by my side.

Madeline G. Wilson

HOW TO

CONTROL

YOUR EMOTIONS

Mary Elsnau

YOU CAN CONTROL YOUR ENTIRE LIFE THROUGH THE CONTROL OF YOUR EMOTIONS. WHY NOT PUT THEM TO WORK FOR YOU?

MARGE McCALL had another accident in the shop. She was always having accidents, but this was a serious one, necessitating calling an ambulance.

While driving to work, Joe Brown ran into a bright, shiny 1951 model. Both cars were so badly smashed that a towcar had to come and clear the road. This was the seventh accident for Joe in the last six months.

Meanwhile, Aunt Betsy is confined to her bed with rheumatism.

These people are strangers; yet they each have a common complaint, upset emotions. Had they practised emotional control, their lives would have been smooth-flowing, for accidents and illness—doctors are beginning to learn—are the result of chronic anxiety, a guilt complex, resentment, or just plain worry. When our minds are occupied elsewhere, we do not pay attention to what we are doing and accidents are the result. Sometimes we even invite accidents and illness, as a way of getting even with someone or escaping responsibilities which we are too emotionally immature to assume.

In time of trouble, rather than sitting down and facing the situation to find its solution, we frequently avoid it. Rather than to be alone with our thoughts, we run from them. We fear quiet seclusion for we fear to face ourselves and this is the basic reason for the turmoil in our lives. In facing our troubles squarely, we find our way out of the difficulty and thus we eliminate worry.

Marge, upon her recovery,

sought the advice of a psychiatrist. It wasn't necessary to probe into the depths of her secret mind to discover that her home environment was incompatible with her personal wishes. She knew what her trouble was, but she didn't think through to the solution. She and her mother were living together, supported on Marge's salary. Marge, long engaged, wanted to get married, but whenever the subject was brought up, her mother had another "sick spell." The psychiatrist advised Marge to go ahead with the plans for her wedding, adding, "Your mother won't die, life is too sweet."

Marge acted upon this advice. She had a lovely wedding and honeymoon. When her mother realized she could no longer influence her daughter, she accepted the inevitable. Marge is still supporting her, but having straightened out her own life, she is no longer subject to accidents, nor has she had any.

Joe had a talk with the personnel manager at his office. It was discovered that he had once borrowed a hundred dollars from a "loan shark," and though the principal had long since been repaid, the interest had itself amounted to another hundred dollars. The usurer was hounding Joe, threatening to get his job, and Joe paid.

But the personnel manager had other notions. He had a talk with the firm's lawyer who sent the lender a forceful letter. Joe never again heard from him. Consequently, his life is now tranquil and he has found mental peace and accidents are a thing of the past.

Both Joe and Marge had been unable to confront the basic issue of their troubles. They had never learned to stand on their own two feet and declare themselves, and their inability to do this was fast ruining their lives.

THE MAJORITY of us live barren lives, full of nervous activity but no capacity for quietly contemplating the events of the day. Hence, when we get into difficulties, we disregard them, hoping all will turn out well. But it seldom works that way; on the contrary, we get deeper into the mire.

Aunt Betsy lived a life of emotional turmoil; she was always getting excited over the least little thing, and she really "blew off steam!" Doctors now know that constant emotional upsets react in the body by spasms of the muscles, thus affecting the function of the joints and in time resulting in the permanent crippling of hundreds of thousands of people by rheumatism. The nerves are the channels of communication between the mind and the various parts of the body that are affected.

Chronic stomach ulcers are caused, say even the most organically-minded doctors, by emotional tensions. A careful study has shown that these patients are highly conscientious people with strong emotional tensions and extreme degrees of resentment, easily depressed and fairly rigid thinkers. They go over their work again and again to guard against mistake or oversight. In short, they have little trust in their efficiency for they fear the consequences of their own acts, so they mull them over, setting up a fever of uncertainty and worry.

Every year 100,000 persons lose the sight of one eye and another 20,000 are made blind by glaucoma. This serious eye disease is characterized by the hardening of the eyeball. Eye specialists have long known that ocular tension and emotional tension are related. They have discovered that ocular pressure rises whenever worries are intensified, and falls during periods of relative freedom from anxiety.

Modern doctors fail to cure by drugs or surgery at least one-third of the patients who consult them, and this opens the door to the psychiatrist. Those whom the doctor cannot cure are suffering not so much from diseased bodies as from disturbed minds and emotions, to whose distress the body responds with headaches, upset stomachs, and other ills.

It is sustained and repressed anxiety, resentment or frustration that does the damage. We all know that with chronic emotional states there are certain physiological reactions in the body, such as high blood pressure when you are angry or overactivity of the stomach when you are tense and anxious.

OUR WEAKNESS is that we cherish grudges and hidden anger and spitefully "take it out" on any who cross our paths and, rather than take the responsibility for our own actions, we heap the blame on another. As animosity and jealousy accumulate, the poisons gather in the system and attack the weakest spot. By this time, we have become irrational. We give vent to our pent-up feelings when it would be better to carefully choose our words. Business failures, broken homes, illness, and even death, are often the result. Alcoholic and neurotic cases are multiplied.

Mental stability must precede emotional balance. Magnanimity and good will, brotherly love and Faith in God—these bring peace and tranquillity! With hatred and envy eating away at our hearts, how can we expect a healthy body and peaceful surroundings? Many have no little recess within to which we may retreat when the going gets rough. If we would

seek and find that quiet calm within, it would literally be a life saver, calming our harassed emotions and giving us peace of mind.

It is so much easier to find an alibi, to blame a little germ, than to look for the cause in our own makeup. We *can* control our health through control of our emotions *if we want to*—if we are willing to acknowledge that the trouble lies chiefly in ourselves, rather than in some abscessed tooth, an infected kidney, or a broken bone. We build up such a wonderful screen to hide behind, to impress not only others, but ourselves as well. When we are invalids, we inwardly gloat when sympathy and attention are heaped upon us. Then we can have our way!

The migraine headache that occurs at a time of a small family crisis is fundamentally a nervous reaction, a way of escape. Facing the cause will eliminate the nervous tension and we would not have to put up with the pain. It is so much simpler to be honest with ourselves! All these illnesses are very real and often cause intense suffering. Migraine headaches, for instance, produce a physical reaction in the dilation of the arteries in the scalp or the membrane that encloses the brain. But doctors on all sides admit that without the tension, there would be no physical reaction. When we laymen begin to understand the power of the mind and of our thoughts, we can wipe out these ills. This is a startling statement, yet medical men as psychiatrists are beginning to understand that this is so.

Socrates, nearly 500 years before Christ, came back from fighting the Thracians to report that those barbarians were far in advance of the Greeks because they knew that the body could not be cured without the mind. "This," he said, "is why the cure of many diseases is unknown to the physicians of Hellas."

A hundred years later, Hippoocrates, the "father of medicine," declared that he who was subject to asthma must guard against anger. Today, medical opinion is strongly divided on the subject of bronchial asthma. Some physicians maintain that allergy is the one and only cause, others charge these attacks to emotional instability. Yet, those who try to calm their emotions, find the attacks occur less often and are less severe when they do occur.

THE WAY to mental tranquillity is to find an inner sanctuary. Quiet the emotions, still the senses, and enter within the inner recesses of your heart. This releases the bottled-up explosive tenseness and re-

pression. It cures all ills. Find what it is that is disturbing your equilibrium, face the problem and discover its solution, *then act upon it.*

Take a pad and pencil and write down the things that worry you. Often you find they are but vague fears that have plagued you and immediately you are relieved.

A few minutes of sitting quietly in the morning before starting the day or before retiring for the night, or both, have an immensely recuperative value. You plan ahead, you see where you are going and what you are accomplishing. Your day runs smoother, things fall into place instead of being "helter-skelter."

Until the mind is in control of the emotions, we live haphazard lives. The rules following will give you mental stability, from which you will gain a new self respect. You will then have the courage to face your battles in the arena of life as you do in your thoughts. The annoying conditions about you will fade away for your life will change for the better when you mold it, as you can when your mind is in control.

1. *Plan one night a week to do nothing whatever but think things through. Be alone with your thoughts. After two or three nights spent so, you will know where you are heading and can dispense with this rule.*

2. *Through this quiet contemplation, having found a goal in your life, a reason for your being, direct your energies into constructive channels.*

3. *If you don't like the conditions surrounding you, plan a way out and act upon it. Anger and suspicion are the most corrosive influences in existence. If you hold these thoughts, seek the basic reason for them. But you must be honest and fair to get at the truth, and you will be the happier for it.*

4. *Be positive. Weigh the pro and con of an issue. Decide. Then act upon it! Indecision can "get you down" faster than anything, so make up your mind and stick to it.*

5. *Don't worry about tomorrow. Take care of today and tomorrow will take care of itself.*

6. *The greatest of all is to relax. Three hundred years ago, Pascal, the French scientist, said, "All the troubles of man come from his not knowing how to sit still."*

I BELIEVE

I BELIEVE that at this present moment you are acting according to the degree of light that you possess. I know that even when you seem to falter, you are making ready to take a higher step. I believe that the light of truth is revealing to you the way as you press forward toward the greater light.

I believe that the Spirit of Christ in you is the source of your inspiration and guidance. I know that you will come to see yourself as you are—the child of God, whole and perfect.

I believe that at the heart of your being there is peace and harmony, that nothing can cause you to lose sight of this center of peace and joy. I believe that you will come to know that you can master the world through finding the Christ within you.

I believe that you are infolded in the love of the Christ within and about you. No belief in hate or fear can rob you of unfailing love. I believe that Christ's love is now expressing itself through your heart and that you are filled with love.

Elizabeth Gr

E IN YOU

I believe that perfect life and health flow through every cell of your body. His life and His health are yours. His healing presence casts all belief in disease from you and you are awake to the reality of your complete wholeness.

I believe that you have abundance of every good thing. There is a place for you in the great universal plan and you are now established in your rightful position, the place where you know and realize abundant supply. You cannot be affected by the race belief in panics, depressions and lack. You are God's child, and He takes care of you.

I believe that you now go forth along the path that God has mapped out for you. You advance according to the light of your understanding, which is increasing each day. You progress into ways of peace and love. From now on, you will be under the protection of God's holy angels.

This is my creed for every you wherever you may be—my fellowmen.

th Gregg

how the Captain MET THE TEST

Annie S. Greenwood

THE ROAD was dusty, and made more so by the crowds that followed the calm, dominant, unique Figure who commanded the attention of all as He moved serenely toward the city. There was consternation—even indignation—as a repulsive leper approached and begged to be healed. With regal but loving authority, Jesus extended a hand and the wretched man was made whole. Just as simple as that, it was merely an incident in the day's events.

Quietly the Master proceeded. He was going to Capernaum, accompanied by His devoted followers and others who, out of curiosity, speculated on what they might see if they went along—careful, of course, to avoid being thought of as endorsing or even associating with this strange young Preacher. As they walked and talked, those closest to Jesus were still awed by the healing of the leper, puzzled by this mighty, unexplainable power which seemed able to control whatever condition it touched. No doubt there were differing conjectures as to the nature, source and extent of this power. Daily their amazement was increased by what they heard and saw.

"There must be something about His physical presence which radiates the healing," one might have commented. "No, I think it's the way He looks at the person who's sick or crippled," another probably contended. "I've noticed it's when He places His hand on the person," might well have been what someone declared. Though they watched Him daily, trying to catch the deep significance of His message and the service given, the results were still beyond their comprehension as they walked on toward the city.

SUDDENLY many of the crowd were seen stepping to the roadside, making free passage for a Roman officer.

"Go back; and as you have believed it shall come to you."
Matt. 8:13 (Fenton)

Much as these oppressed people hated their overlords, they were quick in their outer show of respect when an officer appeared. The man who came toward them, evidently a captain, did not stride along with assurance, authority and arrogance, scornful of those he met. Instead, he seemed almost fearful and yet hurried forward in deep concern. As they met, he confronted the Master, earnestly claiming His attention. Rather than the usual domineering manner, an attitude of pleading took its place, his face showing grief and anxiety. His voice was tense with emotion as he told of his servant at home, suffering "in anguish." Was it a case of polio? Possibly, even though no one had even heard of that dread disease. We do not know, but the servant was paralyzed and in great pain.

"I will come and cure him," was the Master's gracious and comforting response.

Humbly the anxious man acknowledged the wondrous message, but protested that he was not important enough to have Jesus enter his house. Even in his deep trouble, he had carefully reasoned things out. He stated that he was under the command of higher officers, but also had men under him, each of whom did absolutely as he was ordered. Surely the Master had that same high authority; He would need only to speak the word and the healing could take place!

That was absolute faith! There was no quibbling as to the relative values of present or absent treatment; no wondering as to whether the disease was or was not curable. Somehow, in his heart, that captain knew that if Jesus declared the healing it would take place. Perhaps he had never heard a single one of the talks the Master had given by the seashore, in the streets, or on the slope of a friendly mountain, but he surely had heard about Him. Something within rose to the requirements of the great need and he believed in the seemingly impossible.

What Jesus said put him to the sternest test, *"Go back; and as you have believed it shall come to you."*

The whole responsibility was thrown back on the shoulders of that Roman officer. Suppose

he had been merely pretending that he believed. Suppose he had been taking advantage of his military position, hoping to influence the Healer to do something unusual. Suppose there had been any hypocrisy coloring his words or thoughts. What would have been the result? The response of Jesus must have challenged his innermost being. The degree of his faith was to determine the welfare of his servant. Just according to the measure of his belief would the answer be.

"And the servant was cured from that very hour!"

AS WE READ the story, we know beyond all doubt that the captain's faith must have been perfect because the result was perfect. This short account, as told in the eighth chapter of Matthew's gospel, is one of our most challenging lessons. It should stab us into a realization of our own part in bringing about any desired good. In other cases, too, we read the Master's words, "According to your faith, be it unto you."

There is no escaping the fact that we determine the answer to our desires and prayers. We measure out our good by our faith and cooperation. God has endowed us with the inestimable gift of the power of choice. If He had not, we would not be free men and women. Even in life's greatest crises, we are free to believe or to disbelieve in the availability and willingness of the Father's love and power. We can choose what to think, believe, accept, say, plan and do.

To choose for practical purposes, let us:

First. Start our demonstration by thinking of the accessibility of the God Power. Our attention must be turned from the illness or other trouble to the Divine remedy as we choose to think positively instead of negatively.

Second. Thinking is not enough. A clear intellectual belief must dominate our thoughts. Reason assures us of multitudes of healings. We choose to take them and our own for granted.

Third. Added to that reasoned belief we must choose to let a deep, happy peace surge through us, calming our emotions and bringing our complete acceptance. To cultivate a feeling that the desired good is already ours in Spirit is a necessity. Reason and feeling combine to make perfect faith.

Fourth. We are now ready to put that inner awareness into words. Let us reverently, joyously, trustfully declare the fulfillment of whatever is needed to bring about the chosen good, conscious that the Father's love and wisdom will bless us with the right solution in the right way and at the right time.

IS THERE ROOM WITHIN?

Mont Hurst

WHEN WE RECOGNIZE the magnitude of the fact that our human bodies are temples we may well become concerned as to its importance. God's Word declares our bodies to be temples. Our physical bodies are simply receptacles which are fashioned by God and made for higher purposes than simply to exist and fill space on earth. There was a purpose in the creation of mankind. It was not to simply inhabit the earth with human beings, but to provide temples in which the Spirit may dwell. That is why God created us in His own Image. Man, being a free moral agent, possessed of a human mind like no other animal, has the choice of keeping his personal temple clean or untidy. But the Spirit will not come to dwell in an unfit or unclean temple. This is why man must know how to take good care of his temple if he would live a happy and worthwhile life on earth.

The Holy Spirit is the activating force that causes man to act wisely, enjoy fruits of well-doing, and strive to live a clean, healthful, wholesome life. Good health means a clean body and a clean body is vitally important to a well-kept temple. Not only should the body be healthy, but the mind also must be kept as pure as possible. The body which is constantly being abused by wrong living and bad habits, and the mind that's stained and defiled with evil, trivialities and wrong attitudes causes the human temple to be in such a wretched condition that Spiritual Power cannot enter. When this dire condition prevails, we are living far from our best capabilities and God is far off. He can speak to us only through the Spirit—and if the Spirit can find no open door into our beings, we are only existing and surely not really living in the real sense of the word.

EVERYONE DESIRES good health. Most people strive in one degree or another to gain intellectual advancement. The latter may be wrongly directed but the natural desire is for mental gain. But there are far too many people living with misdirected desires both physical and mental, and such a condition of confusion does

not provide a clean temple for the Spiritual Power so necessary to a progressively good life. Some wise sage aptly said that the root of sanctity is sanity. A man must be healthy before he can be holy. We bathe first and then perfume ourselves. We can speculate on the fact that good health is an advantage and a virtue which has no equal toward building the foundation of our human temples.

There is no better program for one to follow with regularity than one including proper exercise, correct daily menus, rigid temperance in all things, and regular periods for drawing apart from the things of the world and people about us for precious moments of meditation on the values of Spiritual Power and the eternal verities of soul importance. It is far easier to live in a more constant and close relation to God when His Spirit dwells in our bodies. The healthy body is a most winsome attraction to the Power of the Spirit.

Beecher said that the morbid states of health, the irritableness of disposition arising from unstrung nerves, the impatience, the crossness, the fault-finding of men, who, full of morbid influences, are unhappy themselves, and throw the cloud of their troubles like a dark shadow upon others, teach us what eminent duty there is in health.

Moody said, "I firmly believe that the moment our hearts are emptied of pride and selfishness and ambition and self-seeking and everything that is contrary to God's law, the Holy Ghost will come and fill every corner of our hearts; but if we are full of pride and conceit and ambition and self-seeking and pleasure and the world, there is no room for the Spirit of God; and I believe many a man is praying to God to fill him when he is full already with something else."

IF WE WOULD make the progress in life and enjoy its benefits to the fullest extent, we must of necessity strive to keep our bodies healthy and our minds clean. Spiritual Power will not even knock on the door of the temple which is being defiled inside. We keep our temples clean inside by keeping our minds clean and free of mental rubbish, and we keep our temples clean outside by making sure we are using every safeguard and program that builds and keeps good health.

Are you enjoying good health? Is your mind free of harmful influences and kept in a healthy condition by proper exercising the same as your body? If not, the wise program is to begin now to enjoy good health, a mind free of sinister influences and a soul fed on the Power of the Spirit!

IF YOU'VE HAD AN "OFF DAY" -
THIS ARTICLE WILL PICK YOU UP.

WHEN
THINGS GO WRONG

Henry H. Graham

THE OLD ADAGE, "Troubles never come singly," was not born out of thin air. It contains much sober truth, for they hardly ever do. But one problem often is responsible for another. Some days nothing seems to go right. Everything is haywire. All that one tries ends in dismal failure or at least does not measure up to fond expectations. Thus, tempers sharpen and regrettable incidents may occur. Sleep becomes fitful and filled with nightmarish dreams, indicating a troubled mind. Then, perhaps, comes a period when all goes according to plan and complete serenity returns.

Instead of working one's self into a senseless dither on the occasions when matters are breaking badly, why not relax, laugh about it and say, "This was certainly an off day for me. I hope I've had the last one." But so many of us don't say anything of the sort. We show our panic and worry in our worn, haggard faces, and we take our troubles to bed with us, too. In extreme instances we may reach the fringe of hysteria. How much better it is to free the mind of disturbing thoughts at bedtime! It can be done by the exercise of a little will power and the adoption of corrective measures.

A FRIEND of mine used to let life's difficulties get him down. He became moody and often felt sorry for himself. On these distressing occasions, he lost courage and felt utterly unable to go on. He overcame

the weakness by adopting several innovations—at least innovations for him! The most important one was to forget about sordid, material things and get down to life's more beautiful aspects. When especially upset, he would put on old clothes and hike along some quiet, shady country lane. He would watch the shifting forms of clouds, observe bird life among the trees, perhaps shoot pictures of attractive scenes along his route, and, at the end of the outward trail he would pause in some inviting favorite woodland glen, drop to his knees and talk with God through prayer. He always returned from these solitary tramps freshened in spirit. Close communion with God and Nature recharged his spiritual batteries, giving him the courage to tackle his problems and face the future. This plan works admirably for him. For others it may not, however. Another friend finds his greatest solace and help in calling on trusted friends when plagued with the blues, always choosing those who refuse to take life too seriously and who are in chronically good humor. He feels pretty low upon his arrival, but before long his cares melt away and he leaves with his heart singing. Attacks of the blues are usual attributable, in some degree at least, to self-centeredness, lack of varied interests and falling into a rut. The solution lies in broadening one's horizons, seeking fresh new viewpoints and mingling with others. Friends of the right kind can be such an inspiring, cheering influence! They have helped many a man over life's rough spots. Nobody has too many friends.

The worst possible course for most people to adopt is to go into hermit-like seclusion and mope, stew and fret. Walking the floor and wringing the hands only succeeds in raising the blood pressure. No good ever springs from such a procedure. Everyone must learn to face grim realities, however unpleasant they may be. Sidestepping, postponing or ignoring them gets him nowhere fast. They have to be faced sometime, and the earlier it is done the better. Instead of becoming easier of solution, most problems grow more complex as time passes. At the outset they are more readily handled.

Many people find supreme contentment in temporary solitude; others become lonely, morose and blue when away from their fellow men. They have to be where there is plenty of activity in order to be happy. In the presence of bustle and confusion, they have less time in which to think of themselves and their real or imaginary woes. Activity buoys them up. Some people have to be con-

stantly entertained or they are miserably unhappy. They are extremely unfortunate. They make poor guests and sometimes poor hosts as well. Everybody should know how to enjoy himself during periods when the usual forms of amusement are at a low ebb, or even non-existent.

IT IS GOOD, from time to time, for one to analyze himself, gauge his progress and set a new goal of achievement. Often one falls into errors of behavior that are responsible for much personal unhappiness. He slips into bad habits without knowing it. Good, self-directed questions include: *Have I more friends than I had a year ago? Are my interests and enthusiasms increasingly broad? Have I established a worthy goal for myself and am I making satisfactory progress toward that goal?*

Do I show others the same respect and consideration that I want them to show me? Am I altogether too self-centered? Am I narrow-minded in my thinking? Am I sufficiently tolerant? Am I sticking by the convictions that I have convinced myself are right, or am I inclined to sacrifice some of them from time to time?

Do I live healthfully, getting plenty of sleep, good food and adequate exercise? Robust health gives one the stamina to meet the challenge of life. Sickness always magnifies one's problems for an ailing person lacks the strength to meet them and to him they assume gargantuan proportions. He feels powerless to cope with disagreeable situations.

Honest answers to the above queries will furnish anyone with a pretty accurate picture of the kind of a person he is and indicate the proper corrective measures if any are needed. Any doctor can treat with confidence and a good assurance of success if he has diagnosed the case shrewdly. The same is true of the layman who is trying to "dig out" from under his problems. The solution is normally quite obvious once he has exposed the root of the trouble.

When in the depths of depression and despair it is well to remember this: No life runs smoothly at all times; everyone has his off days when nothing works right. The people who apparently experience no difficulties have them just the same. They are simply expert at meeting them. That, surely, is a most comforting thought!

A great many people think they are thinking when they are merely rearranging their prejudices.
—WILLIAM JAMES

Letters
from those who found The Power

—gathered from the mail by Rose Dawn

● JOYOUS FREEDOM

What more can I say than to tell you that through Mayanry, not only am I realizing my fondest dreams and ambitions, but I have found a freedom and joyous release from all worldly problems.

Irma Dunlop
Van Nuys, Calif.

● EVERYTHING EASIER

Everything is working out easier for me now in every respect than it was before I started these wonderful lessons. Understanding comes to me more clearly each time I read my lessons.

Floyd Beavers
Chattanooga, Tenn.

● MAYANRY UPLIFTING

Mayanry is wonderful — so inspiring and uplifting. I am well pleased with the things I have learned through applying the teaching to my everyday life.

Annie Russell
Crystal River, Fla.

● A REAL PRESENCE

Not in one way, but in every way, God is a real presence in my life and everyone feels it. Everyone I see asks what has happened, that I look younger. I could write for hours what God has done for me since I joined the Mayans.

Alyce Wampole
Chicago, Ill.

● A NEW MAYAN

Have received all the literature and lessons and Mayanry is all that I had hoped it to be. Through the years I sensed that somewhere there must be a brotherhood like yours. It is needless to try to express the solace it brings to me, for I seemed so alone until I finally found Mayanry.

Carl J. Lauback
Coolidge, Kans.

● AFTER SIX MONTHS

In only six months I have improved in health till my friends are surprised at the change.

Mrs. Ada Burns
Danville, Ill.

● ONE YEAR IN MAYANRY

It is now one year since I became a member of our glorious Mayan Order. I wish that I could express in words my gratitude for the enlightenment that has me on the right path to better living. There is really nothing like Mayanry for helping an individual to know the Truth and to better himself.

Mrs. Katherine Duncan
Dayton, Ohio

● HIS 100th LESSON

It has been a great benefit and pleasure for me to complete 100 lessons in Mayanry. I am eagerly looking forward to the completion of my "second Century" in our beloved order, for there shall be no turning back now. I feel dependent upon Mayanry to lead me up the steps to the heights.

Ben G. Bishop
Havre, Mont.

(Please turn to page 59)

One Minute Meditation Lessons For October

Beginning the DAILY GUIDE SECTION

Today is yours—and if it is to be beautiful and happy, it must be filled with God's love. Begin your day with Him in meditation and prayer. You will be filled with such radiance of His presence that you will eagerly greet the Good that is yours today. Use of the affirmation will keep it the best day you have ever lived. If you feel the need of united prayer, send your written request to the Mayan Chapel of Miracles and we will be glad to pray with you. Even if everything else has failed, try a WRITTEN PRAYER. Each day, when the Angelus call sounds, sincere hearts the world over join in earnest prayers for the requests placed on the altar. These written prayers remain in the Chapel for 30 days. At the end of that time, your prayer should be renewed, or, if your prayer is answered within that time, please notify us to remove it to make room for others. All the expenses of the Chapel are met by the freewill offerings of those who call upon its services. Those desiring to send a love offering to the Chapel are welcome to do so.

Meditation Lesson — October 1, 1951

Return, ye children of men. — **Psalms 90:3**

WE HAVE HEARD of the "point of no return" in the flight of an airplane. That point is when the fuel supply becomes so low that to continue further, it will be impossible to return to its starting place. At that crucial point, the pilot must decide if he shall continue on his course or return to the home base. In the same way, we have all known the time when we had to decide whether to continue on in our limited understanding, reaping only the meager fruits of true living, or turn to the spirit within for the understanding which brings forth the full fruits of life. Every one at some time in life comes to that "point of no return." And each one, like the pilot of the plane, must make his own decision whether to continue on with the limited life or to turn to the Christ within.

AFFIRMATION: I Turn to the Christ Within For Power.

Meditation Lesson **October 2, 1951**

Behold all things are become new. **II Corinthians 5:17**

THE BIBLE clearly teaches us that God constantly renews and revitalizes us. All around is a healing and strength-giving presence. Man does not create this activity, nor is it found in the food we eat, or in the exercise we take. This activity comes from the universal spirit of life. Proper food, sleep and exercise help to keep the channels open for this energy to function more fully. But life, health and strength are each a part of the creative principle and ours to make use of as we see fit. Through right thinking, our minds are filled with fresh, clean and health-giving ideas which become a part of our being. There is no growing old or wearing out in Divine Mind. As we respond to this fresh young life, it gladly responds to re-create and make young and whole every part of our body. Old conditions pass away and we are renewed and made strong.

AFFIRMATION: I Open My Mind to the New Life of Spirit.

Meditation Lesson **October 3, 1951**

This is the victory that hath overcome the world, even our faith. **I John 5:4**

IT IS THE BELIEVING when we pray which will determine whether or not that prayer will be answered. True faith is the knowing that our prayers are already heard and answered. Faith is our priceless heritage and when we accept that heritage without reservation, it will grow and increase until our entire lives are transformed and illumined with the good we desire. But we must let go of our limiting thoughts of time, knowing that God does not require any special time in which to answer; it is only that we must accept our good now, this very moment. When our faith in Him is steadfast and complete, time ceases to become a factor in that demonstration. Through an earnest affirmation and meditation, we do in truth live by faith. This victory can only be won through the working of the Christ within through our faith in the Spirit of the Christ.

AFFIRMATION: My Faith In God Brings the Victory.

Meditation Lesson October 4, 1951

. . . speak unto the children of Israel that they go forward.
Exodus 14:15

HOW OFTEN in our lives do we come to the Red Sea of seemingly unsurmountable circumstances, not knowing which way to turn. We can picture those Israelites in their helplessness ready to give up and go back to slavery. But Moses knew there was a way out and said to them, "Stand still and see the salvation of the Lord." Yes, there was the answer—the Lord. And although they could not at this moment know the way of escape from the army of Pharaoh, they believed in the deliverance of the Lord to "go forward." With the guiding hand of the Father we are assured of the way out of any trouble, and that is to go forward. Turning back has never solved any problem. The only way of victory is to go ahead with God. No difference how discouraging our condition may seem, we can "stand still and see" that God will keep His promise to provide a way if we will but trust and go forward with Him.

AFFIRMATION: Trustingly I Go Forward With God.

Meditation Lesson October 5, 1951

And in my prosperity I said, I shall never be moved. Psalms 30:6

SUCCESS and prosperity are spiritual attributes and are for all who want to use them. When we come to realize our unity with the one Source, the God, we can never again be limited. We know that Spirit can and will supply all our needs for the best of all that is good is our divine right. But the thought of lack obstructs the channel through which good flows to us. It is essential, therefore, that our thought be constructive. We of ourselves create nothing; we use the power of the One Mind which working through us creates for us what we will. It is by using this Mind that we draw to us all the good for which we long. Let us trustingly place ourselves and all of our affairs into the care of the Infinite Mind and let Infinite Spirit guide and direct us into the right way.

AFFIRMATION: From God Comes My Full Supply.

Meditation Lesson **October 6, 1951**

Whom will ye that I release unto you? **Matthew 27:17**

MAN HAS BEEN given the freedom of choice, yet we wonder at times how a certain choice could have been made. How could the people have chosen between Jesus and Barabbas, the robber? Today millions are choosing the Christ, and in that choosing find the door to peace, health and abundance; for Truth has taught us that the only way to find the Good is through choosing to follow in the Christ way. Yet, even today, there are many who still waver between Christ and the many isms being preached throughout the world. As true followers of the Truth, there can be no wavering. If we are to prove our loyalty, we must put Him first in our hearts—and, living true to the teachings, we prove to the world that there is but the one real Shepherd and Guide—Jesus the Christ.

AFFIRMATION: I Choose Only the Christ.

Meditation Lesson **October 7, 1951**

Be still and know that I am God. **Psalms 46:10**

WHEN FEAR and doubt assail us, we turn to the Silence where we find God. The Silence also serves us well when the word of anger would come from our lips. There is no special place in which we find this Silence. There are some who have reached the heights of Spirit, where they live consciously in the unity with Good and can instantly turn to the within and find the guidance and supply they need. For most of us, perhaps, we need an approach to this tower of strength—prayer, meditation, reading from the Bible or an affirmation of Truth. We do not need to reach out for God, for we know He is with us wherever we may be, that He is reaching out in every direction to hear our cry. In the Silence, we commune with Spirit and realize more fully our oneness with the Source from which comes our every good.

AFFIRMATION: In the Silence I Come Closer to the Spirit Within.

Meditation Lesson **October 8, 1951**

Whom God loveth he correcteth. **Proverbs 3:12**

ADVERSITY is often a signpost on the highway of life marked, "Wrong turn. Retrace steps and turn right." The wise man heeds the warning, turns back and takes the right road. That signpost is a blessing inasmuch as it saves much time and suffering that would be ours if we were to follow on in the wrong direction. Most of us remember times when a certain adversity was a blessing, for through that adversity we turned from looking to the world for security and found the real source of strength and healing. The children of Israel were young in understanding and trusted to Moses the work of communing with God to learn what was to be done. They followed the easiest way, giving little thought to the life of mind and heart, seeking only worldly pleasures. Just so today, many are looking to the outer world of security instead of to the Christ.

AFFIRMATION: I Bless Every Experience As It Comes To Me.

Meditation Lesson **October 9, 1951**

. . . because God answereth him in the joy of his heart. **Ecclesiastes 5:20**

SOME TODAY, like the Puritans, look upon joy as irreligious, frivolous and worldly; yet, in the Bible, innumerable allusions are made to the world of joy which means good news or glad tidings. It would seem that every one would welcome the coming of glad tidings and good news, yet the old idea still remains in the minds of some that to be religious one must be solemn. Joy is not dependent upon material conditions, but true joy is an inner attitude toward life itself. Many of the world's greatest expressions of joy came from those to whom there seemed little about which to be joyful. When impoverished and near death, Beethoven composed his last great symphony, "An Ode to Joy." His body racked with pain, William E. Henley wrote those inspiring words, "I am the master of my fate, I am the captain of my soul."

AFFIRMATION: I Express the Joyfulness of God.

Meditation Lesson October 10, 1951

The Lord will perfect that which concerneth me. **Psalms 138:8**

IF WE ARE to demonstrate our good, patience is a definite necessity. Many times we pray for a certain good and expect that good to manifest immediately, failing to realize that the Law has been set in motion by our word and we should then rest in the knowing that God, Law, will take care of the result. When we do this, there is an attitude of mental assurance necessary for the seed to take root and come to fruition. Our work in demonstration is to declare the word. The manifestation of that desire is God's work. We do not need to hurry or fret, for God is at work to make true His promise that whatever we ask in His name that will He do. Let us rest in the sure knowledge that order, harmony and understanding are working through us to bring into operation that which our word has decreed.

AFFIRMATION: I Rest In the Sure Knowledge of God's Promises.

Meditation Lesson October 11, 1951

He . . . went away grieved . . . **Mark 10:22**

WHEN NICODEMUS, the rich young ruler, came to Jesus it was with the deep desire to learn of Him. But in sorrow he went away. Although he wanted to know the Truth, the price to him was too great; he was not willing to pay it. In becoming one of the followers of Jesus, he would have to give up his wealth which was of greater worth to him than understanding. Many today want to follow the Master, but the daily needs and demands of life are so great that they do not find time for the seeking of His fellowship. If we want guidance, we must pay the price in constancy to prayer and meditation. Moses would never have gained understanding of the ways of God except through days and nights of prayer. Let us be willing to pay the price for the gift of spiritual understanding.

AFFIRMATION: I Give My Best to the Master.

Meditation Lesson October 12, 1951

COLUMBUS DAY

The earth . . . receiveth blessing from God. **Hebrews 6:7**

EACH MAN is a Columbus, a discoverer—not of a new physical world, but a discoverer of himself and his wonderful place in the great plan of God's creation. It took courage for Columbus and those other men to start on that journey into the unknown, a journey which would have been impossible if Columbus had not had faith to overcome whatever obstacles he would encounter. And today it takes faith and courage to cast from us the old traditions and teachings of a limited mankind and step out boldly to affirm that with God's power nothing can stand in the way of our journey of discovery into the spiritual realm. The chart for this journey is faith and understanding that we are co-creators as discoverers in this great universe which came into existence and is held in place by the same power which guided Columbus in his uncharted voyage to a new world.

AFFIRMATION: Each Day Is A Day of New Discovery of Spirit.

Meditation Lesson October 13, 1951

For I am not ashamed of the gospel of Christ. **Romans 1:16**

ALL AROUND us we find uncertainty, worry and dissatisfaction. In their confusion people are wont to become bitter and devoid of a worthwhile aim in life. Yet, amidst the confusion and unrest, we are privileged to find that secret place where all is calm and the turmoil of the world is hushed. As followers of the Christ, it is our privilege to show to others the light of the promises that never fail. By our own life we must prove these promises and in that way others, too, will come to know the power which will transform their worry into trust and unhappiness into happiness. May we grow stronger each day as the greater need arises to let our light of understanding shine into the darkened places. Never has the opportunity been greater than it is today for the followers of Truth to scatter these rays of understanding that we, too, may grow in greater faith and wisdom.

AFFIRMATION: By My Life I Seek To Show Others the Way of Truth.

Meditation Lesson **October 14, 1951**

Bring ye all the tithes into the storehouse . . . **Malachi 3:10**

IN MALACHI God declared that His people were refusing to give Him what was rightfully His, that they were robbing Him. In answer to their inquiry of how they had robbed Him, the answer came, "In tithes and offerings." They were told that with faithfulness to their tithe would come a blessing, but warned also that their gifts to the Lord must be given in love and not for the sake of material reward. In tithing, we show our appreciation to Him for blessings which we have received. Not alone with money are we privileged to tithe, but in the spiritual qualities of faith, love and service. Each one is given this privilege of sharing with God of our good which has come from Him. Let us give freely and lovingly in our tithe of money, love, faith and service. Then will we find the windows open and the abundance of good poured down upon us.

AFFIRMATION: I Give Lovingly of My Tenth to the Father.

Meditation Lesson **October 15, 1951**

Lay not up for yourselves treasures upon earth . . . Matthew 6:19

IT IS SELF-EVIDENT that security is not to be found in material possessions. Substance must ever return to its original form and because of this all things of the outer world are constantly changing. Yet wherever we are, it is impossible to be apart from God's presence. When we have awakened to the knowledge of our oneness with God, we have found our unshakable security from which nothing can separate us. It is only in the higher realms, the spiritual, that we may lay up treasures which can never be stolen or which rust cannot corrupt. The spiritual treasures—love, faith, truth—can never be taken from us and they grow brighter and stronger every day. And these are treasures which we may share with others and in sharing they multiply and increase in power. They are that which scattereth yet increaseth, which can never be lost, stolen or diminish.

AFFIRMATION: I Lay Up Spiritual Treasures.

Meditation Lesson **October 16, 1951**

. . . my cup runneth over . . . **Psalms 23:5**

WE ARE constantly being called upon to make adjustments, for change is the law of life and as these changes appear we must make certain adjustments to meet them. And in this change we either grow in spiritual stature or we reap the fruits of defeat, for it is not change which is important—it is how we react to that change. We are given the freedom to choose how we shall react to any experience. The very fact of life itself brings with it a challenge and new opportunities to prove God's promises. With His presence within and about us, we are able to stand sure in the face of any change, for His presence insures us a good beyond our ability to comprehend. Regardless of any adverse appearance, we may know that God's governing power is sufficient to dissolve that evil into the nothingness which it is.

AFFIRMATION: My Adjustments Are Made In Accordance With Truth.

Meditation Lesson **October 17, 1951**

Seek good, and not evil . . . **Amos 5:14**

IT MIGHT seem that the commission of a few small errors will not make much difference in our reaping, but the law is just as sure and always works to bring to us a harvest like unto our sowing. God's blessings of good are to those who are of the single eye, those who keep the attention fixed on God only. Error thought, however slight, tends toward duality, a belief in both good and evil, which belief tends to create the divided mind. This consciousness tends to depress and weaken us; while thoughts of truth lift and strengthen us to further attainment of understanding. Let us not dwell upon error, but deny it and let it go since it is not of God. Then we can turn our full attention to the building up of that which is abiding. It is only with the eye single that we discern the spiritual things of life which is of God, Truth.

AFFIRMATION: All Small Errors Are Erased By My Consciousness.

Meditation Lesson **October 18, 1951**

And I bought the field . . . **Jeremiah 32:9**

IN THIS STORY of Jeremiah when things seemed to be at their very worst, he refused to believe in disaster, but looked forward to the time of restoration, in his faith that God would return to Judah. In these critical days we have many prophets, some of whom refuse to see the light behind the clouds. They lack the faith to rise above the clouds and discern the star of hope which is ever shining. It is when truth seems to fail that we should invest more completely in the promises of God. However dark the way ahead, we have always the Christ which is ever the light to our feet that we may walk serenely and confidently ahead. It is well that we daily turn to these promises, especially the Psalms, and meditate upon them until in our consciousness there is no room for anything but the Truth—that God is the all and in Him is only peace, love and security.

AFFIRMATION: In God and His Promises I Put My Trust.

Meditation Lesson **October 19, 1951**

For he shall deliver the needy when he crieth . . . **Psalms 72:12**

THERE ARE many who feel that they must go with the crowd if they are to be popular, even when they must sacrifice the right to do so. Yet no one ever lost anything worthwhile by taking a firm stand for the right. When the King of Babylon looked for young men of courage and character, it was Daniel, the slave boy, whom he chose and promoted to a position of honor among the wise men of his kingdom. It took faith and courage to offer an interpretation of the two dreams. It also took great courage to serve under the heathen kings and yet stand firm in his faith. We remember that three times daily Daniel knelt and talked with his heavenly Father. These times of prayer gave him the courage and the strength to stand firm in his convictions against the forces of error and disbelief around him. Yet at all times his faith prevailed; God's promises never failed.

AFFIRMATION: I Stand Firm and Secure In the Right.

Meditation Lesson **October 20, 1951**

The law of the wise is a fountain of life . . . **Proverbs 13:14**

AS THE PHYSICAL universe is governed by law, so is the spiritual universe. We must realize that the healing of the sick and the raising of the dead by Jesus were not "miracles" at all, but the result of His knowing and obeying the spiritual law. May we not also say that the sin and disease of the world are due simply to our ignorance of the truth of spiritual law? A little child in its ignorance may trustfully make its way toward a flight of stairs and be injured unless stopped. That child has done nothing to deserve suffering, but is simply ignorant of the law of gravity. Older people are as children in the knowledge of spiritual laws and often suffer because of that ignorance. God leaves us free to learn in our own way and when we attain to spiritual maturity, we shall have outgrown much or all suffering.

AFFIRMATION: Through Knowledge of the Law I Am Free.

Meditation Lesson **October 21, 1951**

. . . come ye, buy and eat . . . **Isaiah 55:1**

THERE ARE no limitations in Universal Mind except those which we ourselves create. We may seem to be bound by time and money; our health may seem to limit our living fully. Yet we know that in Spirit there is only freedom, and with understanding we learn the way of living mentally where we are unfettered. Freedom begins and ends in our own consciousness and as we turn in thought to the unlimited possibilities as sons of God, we free ourselves from the limitations of the material laws. This freedom is first to be found mentally, for each and every condition begins in mind. We are free to select the good, the right and the true and we can do this joyously, for the Christ within knows only the best of all good things. To be led by this Christ spirit we experience only the fullness of life.

AFFIRMATION: The Spirit Within Leads Me Into All Life.

Meditation Lesson October 22, 1951

He hath made everything beautiful in his time. Ecclesiastes 3:11

IN ORDER to find life new and refreshing each morning, we must put into it the life-giving principles of truth. In this way, there is not only food for the mind and body, but we find increasing happiness, health and supply. In looking for happiness, we must remember that happiness is a state of mind contingent to a marked degree upon our understanding of the unity of all life, that all men are one in Christ. It is up to each one to find happiness in his own way through the experiences of each day as it comes. From these experiences we may discover the beauty all around us, or see only the drab and unlovely colorings. It is not alone with the physical eye that we see, but with the spiritual as well; and as this spiritual eye becomes trained to see more deeply we find beauty everywhere.

AFFIRMATION: With the Spiritual Eye I See Only Beauty and Good.

Meditation Lesson October 23, 1951

Let the word of Christ dwell in you richly in all wisdom. Colossians 3:16

WE KNOW that with God all things are possible, so there can be no condition of body or affairs which is incurable. As God is all, and all the life there is is God, then we know that it is His life which heals and makes whole. And because of the presence of God, our bodies express only wholeness and completeness, perfect action in every cell and fibre. God being only life and strength, there can be no expression of weakness nor can there be obstruction of this free-flowing life. Through spirit we are given life, for the body itself has no power of its own. As a part of this Spirit, we are an expression of the Father in whose image and likeness we were created. Daily speaking this word of Christ which is life, we build into our beings the image of that word which is perfection.

AFFIRMATION: As An Expression of God I Manifest Perfection.

Meditation Lesson **October 24, 1951**

I am the bread of life . . . **John 6:35**

HOW OFTEN we try to satisfy the longing in our heart by turning to the things of this world only. This pressure from within is the call for expanding life which can be satisfied only by spiritual growth. When we have become conscious of our need of God, we are ready to go forward into spiritual growth and only through unifying ourselves with the inner power can we harmonize the conditions of life. Through the spirit of truth we are carried onward into this ever-expanding consciousness of our oneness with the Father, and then only is our thirst quenched and our hunger satisfied. There is no limit to this fountain of spirit which pours itself into our lives, for the fruits of itself which are love, joy, harmony and peace can never be diminished. The onward life of spirit calls to each of us and the attainment is possible when we are receptive to its divine guidance.

AFFIRMATION: I Eat of the Bread of Spiritual Life.

Meditation Lesson **October 25, 1951**

Be of good courage. **Psalms 27:14**

WHEN WE REALIZE our spiritual origin and affirm our dominion over all our thoughts, we establish a power of which we did not know. This newly-found power brings forth enthusiasm and sometimes gives rise to a domineering state of mind which we must check if we are to continue on into higher spiritual life. The very law of being is activity, the actual doing of something. Sometimes the quality of ambition may tend to personal glory which detracts from the advancement of spiritual growth. This inspiration of spirit sets up activity in both mind and body, and the consciousness which resists the spirit is then broken down. We may think we have lost our hold on truth to speak the healing word and bring forth the manifestation. But there is no loss in Spirit, for the power to create is ever alive.

AFFIRMATION: I Take Glory Only In Living the Christ.

Meditation Lesson **October 26, 1951**

To him that overcometh will I grant to sit with me in my throne. Revelation 3:21

WE ARE ALL given the power to express ourselves as divine individuals. Only through spiritual understanding can we gain the wisdom to overcome all harmful influences and experiences. In this way, Divine Love shows us the way to control our actions so that only the constructive elements dominate our lives. Our love will find its way into the hearts of others, binding us together in one continuous chain of good. With love of our brother, we will lose sight of self alone and learn to rely upon the Divine Mind in each to bring our acts into demonstration. In every person, we see the expression of the Christ and keep our mind at all times open to the good and lasting reality. It should be the daily work of each and every one to be worthy of the full and complete life which is offered to those who, through overcoming the world, are indeed one in Christ.

AFFIRMATION: It Is My Daily Prayer To Be Found Worthy.

Meditation Lesson **October 27, 1951**

. . . and they spake the word of God with boldness. Acts 4:31

IT IS NOT ALWAYS easy to face life with courage, unafraid. The glorious vision which has sustained us through the struggles of the past at times seems to grow dim, far away. Yet the same assurance which was ever ours is still our protection and strength. In Acts we read of the boldness of those early disciples who, after living for three years with the Master at His death, went forth to bear heavy crosses and suffering. Yet they did not falter or weaken. And that should be our experience today. The courage we once felt should grow stronger as difficulties increase. Although crushing problems will come, we can meet them with courage if we hold fast to the faith in the promises of God. In the hour of deepest temptation is the time when we must, boldly and unwavering, speak the word of Truth—not only for the sake of those without the light, but because our testimony for Him strengthens us.

AFFIRMATION: I Speak the Word Boldly In the Name of the Christ.

Meditation Lesson **October 28, 1951**

If ye keep my commandments, ye shall abide in my love.
John 15:10

WE KNOW how fear makes cowards of even the bravest person. Yet we know also that the antidote to fear is love, which opens all doors and casts away all that is unlike itself. As fear is destructive, love is constructive and all embracing. When fear enters our minds the sure escape from the fear is to let love come in and the fear will quickly banish. God's kingdom is this kingdom of love and as we turn from our dual thinking we rise higher and higher into the consciousness of this kingdom of love. How can we fear when we know that in us, around us and beside us is God—love. When we have reached this consciousness and assurance of never-failing love, we find the peace and contentment for which all men seek. To love more is to live more richly and abundantly.

AFFIRMATION: Love For All Life Fills Me Always.

Meditation Lesson **October 29, 1951**

Rest in the Lord and wait patiently for him. **Psalms 37:7**

WHEN EACH DAY is lived to the best of our understanding, we "wait patiently" on the Lord. Waiting patiently cannot mean folding our hands and waiting for the good we have desired to flow to us. Rather, to wait patiently means to live an increased active life and greater faith, knowing that our weakness will be overcome with the strength of God's power. This "waiting" on God dispels much of the waste and worry of which we have allowed ourselves to become a part, while at the same time it creates the vital inspirations which keep us from again falling to the lower plane of thinking. As we continue "waiting," our entire life takes on a deep sense of serenity, satisfaction and power, both mentally and physically. Unlimited avenues of expression in His service open before us as each and every day we become more deeply rooted in the faith.

AFFIRMATION: I Wait Patiently On the Promises of the Lord.

Meditation Lesson October 30, 1951

So David waxed greater and greater; for the Lord of Hosts was with him. **I Chronicles 11:9**

AS IN THE CASE of David, the words, "The Lord of Hosts was with him," are the clue to true greatness and prosperity in the life of everyone today. True progress begins to make way when Spirit becomes the central point in our lives. We often resist the effort of God to bring us to see His way in this journey. We are loth to give up our false ideas of what constitutes real success and real prosperity. Too many times we put a false value upon material possessions while casting aside the spiritual possessions which may seem of lesser value. Only when we are faced with need do we realize that we have valued the wrong things. The old Greek and Roman teachers regarded wealth and security as tokens of the favor of their gods. Yet true followers have learned to know the truth of the Master's words, "A man's life consisteth not in the abundance of things which he possesseth."

AFFIRMATION: My Prosperity Comes From the Gifts of Spirit.

Meditation Lesson October 31, 1951

HALLOWEEN

O send out thy light and thy truth. **Psalms 43:3**

HALLOWEEN is a time of mirth and frolic and serves as a relaxation for both old and young. Although today the old idea of ghosts and goblins and strange manifestations is done away, there still remains with many of us the feeling of expectation which we experienced when children as the night of Halloween approached. It is well for all to lay aside the deeper thoughts and become as a little child in the thrill of unexpected pleasures to come. Joy and gladness, praise and thanksgiving—all open the way for more happy experiences to come into our lives, for that which is praised is multiplied manyfold. These are all attributes of spirit and a very essential part of the life of every true follower. The very fact of life itself must make us joyful, for with life we are given the gift of expressing the Creator of all life.

AFFIRMATION: Today I Am Joyful and Sing Praises to Him.

Letters Continued from page 42

● KEY TO THE BIBLE

Mayan teaching has certainly helped me. Although I have made a study of the Bible, you have given me the key to open the door to the best in it. The Positive Way is surely a wonderful way.

George C. Fisher
Lake Park, Ia.

● PEACE AND HAPPINESS

I have been a Mayan student for over a year and have been benefited in so many ways. I have an entirely different outlook on life that is giving me more peace and happiness than I have ever known.

Alma E. Ford
Miami, Fla.

● D. M. A TREASURE

I cannot imagine a magazine any finer than D. M. Each article and D. M. is like a treasure found. I always read the meditation for the day at breakfast and have read each article long ere the month has passed.

Mrs. Roy L. Ellison
Charleston, W. Va.

● MAYAN RADIANCE

I should like to say how much Mayanry has done for me. I have that confident feeling that everything good will be mine. Everyone I know expresses amazement at the change in me and my looks. I'm so relaxed now and feel so well and look much younger. To quote one friend, "I simply glow." Yes, Mayanry is really wonderful.

Doris N. Gerdes
Teaneck, N. J.

● NO MORE CONFUSION

Everyday life has taken on a new outlook. I now find peace where before I knew confusion only. I am most happy and content.

J. B. Wilson
New York City

● DOOR OF LIFE

Mayanry has opened the door of life to me. I am happy and everything I do is turned to good for me.

Isabell A. Maddock
Phoenix, Ariz.

● ENRICHED

My life has been enriched tremendously and I feel I am better in every way for having joined the Mayan Order.

A. Eugenia Luyster
Glendale, Calif.

● EYES ARE OPENED

Before becoming a Mayan, I studied my Bible but could understand only a very little. I can now study the scriptures with eyes that see far beyond anything ever seen with them before.

Bertha Phillippe
Vincennes, Ind.

● TEACHINGS ARE DIFFERENT

The Mayan teachings are so very different from anything I have previously studied. I become so greatly absorbed in each lesson and can hardly wait for the next one to arrive. I feel certain that through understanding and practicing Mayanry I cannot help but become a new and better person. It is simply wonderful.

J. R. Glover
Pittsburgh, Pa.

● MADE OVER

I have been made over completely in mind and body since joining the Mayan Order.

Mrs. R. V. Green
Brownwood, Texas

● ONE REGRET

I only regret not knowing about Mayanry years ago so that my life might have been fuller and better.

Burdette Corley
Chadron, Nebr.

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MAYAN BOOK HOUSE

NEWS AND NOTES

—FROM PAGE 8—

California, up through the Pacific Northwest, back through Utah and Colorado and on home. They had a wonderful trip.

Another Hoosier to take an extended trip is Companion Della Weaver, of Elkhart, who with her husband and his mother toured the Great Lakes country. I think the highlight of the trip was when our companion caught a 14-inch Pickerel casting with artificial bait. You fishermen will know what a thrill that was for her.

Companion Mrs. William P. Allen, Albuquerque, N. Mex., "found Southern California very lovely and the ocean a great treat to me, but home looked mighty fine also."

Yes, vacations are wonderful, thrilling adventures when we get away from our usual routine, but there just never is any place quite like home.

★

Those of you who were in our D. M. circle last Christmas will remember the lovely story I brought you in my column about the "Candle Lighters" in Bartlesville, Oklahoma. To bring the new readers up to date, the "Candle Lighters" are a group of boys who, about two years ago, banded together on Saturday afternoons to play the usual games so popular with boys, "Cops and Robbers" and such. They chose a leader from their midst, but soon decided they wanted an adult leader also—and that is where our Companion Mildred Haupt came into the picture. Soon, the boys expressed an interest in the Bible. Today, the Saturday gathering is not for games, but for a prayer service and the boys call themselves "Candles" because they have found that their lives can send out rays of light into the world.

We can now share some further goods news from Bartlesville, for

NEWS AND NOTES

—FROM PAGE 60—

Companion Haupt was recently awarded the "Golden Rule Award" for good neighborliness and community service on the "Tell Your Neighbor" radio program over the network of the Mutual Broadcasting System. It was presented to her because of her outstanding work with her "Candle Lighters." With her membership in the Golden Rule Club, Companion Haupt was given sterling service for eight by the sales manager of Holmes and Edward.

Closing the newspaper writeup are these words which, I feel, give us true insight into our Companion's beautiful life: "It was with difficulty that we persuaded her to let us have her portrait since she insisted that the 'Candle Lighters' should make up the picture. Truly she is one who lets her 'light so shine'." We are very proud of you, Beloved Companion.

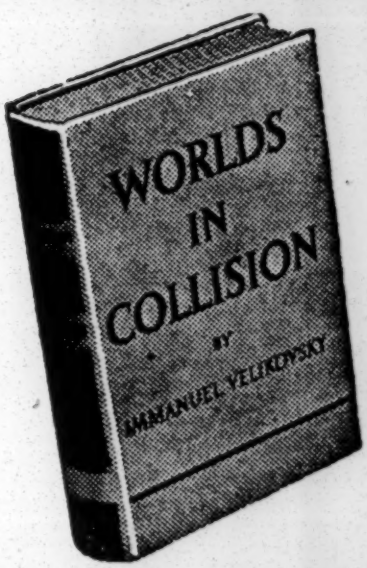
★

Companion Iva Parrish, of Kalamazoo, Mich., has embarked upon a very worthwhile project. So far, she has succeeded in providing more than 100 disabled veterans in Percy Jones Army hospital and Fort Custer hospital with training materials necessary to give them a start on a profitable career. Turning hobbies into profitable careers is her goal for these disabled men and to that end she solicits the funds necessary to provide materials required. May you be very successful, Beloved Companion, in this work that will bring happiness and freedom from lack to many deserving people.

★

Mayans are always "making headlines." From Reno, Nev., is another newspaper clipping about Companion N. E. Wilson whose civic activities and drug store are familiar to readers of my column. A pioneer in Reno,

HERE IS PROOF OF OLD TESTAMENT MIRACLES



From the Mayan Popol Vuh and the sacred writings and legends of other ancient civilizations in both eastern and western hemispheres, the evidence is given to substantiate the miracles held in doubt by many.

WORLDS IN COLLISION has aroused considerable controversy for the author contends that the upheavals of "wars in the heavens" and violent eruptions on our earth caused changes in the universe in an incredibly short period of time rather than over a span of millions of years; that the "pillar of cloud" and "pillar of fire" in the Exodus were recognized as fact in the ancient world.

Written in an interesting style that laymen can understand, all Bible students will find WORLDS IN COLLISION a treasured reference book.

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MAYAN BOOK HOUSE

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NEWS AND NOTES

—FROM PAGE 61—

our Companion is "the oldest customer" of a local ice cream firm celebrating its 46th anniversary with a big reception, at which Companion Wilson was honored. A beautiful pair of book ends were presented to him as a souvenir of the occasion. Thank you, Beloved Companion, for letting us share this news with you.

★

Companion Ruth I. Ruud, Fargo, N. Dak., invited us to be at the marriage of her daughter, Patricia Mae on August 31. When you read this, Beloved Companion, Patricia Mae will be Mrs. John Boyd Hay, but know that we were with you in spirit at the lovely church wedding, praying with you for the happiness of this new home.

★

Birthday congratulations from us all to Companion Lena A. Galeener, of Channelview, Texas, who spent her 73rd birthday in Austin with her son.

★

Enjoying a new 1951 Norge refrigerator is Companion Katherine Duncan, of Dayton, Ohio, who won it in a recent contest in that city. She had to count, or estimate, the number of dots splashed over a sheet of paper and accompany her answer with a statement as to why she liked that particular refrigerator. She received the first prize for her answer!

★

Those of you who have access to the Museum of the University of Pennsylvania are very fortunate indeed. According to the clipping sent in by Companion An Lukaisch, of Philadelphia, Pa., "Fifteen tons of limestone and slate monuments which will comprise the largest and most extensive permanent collection of original Mayan archeological fragments in the United States are on

NEWS AND NOTES

—FROM PAGE 62—

their way to the Museum of the University of Pennsylvania." Dr. Satterthwaite, associate curator of the museum's American section, who headed the expedition unearthing these Mayan archeological treasures, believes that the collection will be a "rich storehouse of source material for scholars and of very great benefit in one of the major objectives of current Mayan archeology—the establishment of an exact calendar for the purpose of dating the ruins." A laboratory to test the intensity of ardioactive carbon is being set up for this work.

How soon the collection will be on display, I do not know, but those of you in the area will want to find out.

★

We are always anxious to hear about the answers to our prayers for loved ones in uniform. I know you will rejoice in these two.

Companion Gertrude E. Manners, Chicago, Ill., has sent along the good news that her son is well again and back on the battlefield in Korea. He was severely burned when a boiler exploded and blew him up into the air, "making a living torch of him." Fortunately, he fell into some water, but before the fire was extinguished, he had received third degree burns. Let us continue to pray for him, that he may be safely returned home very soon.

One of our Mayan family who was at home recently after being in Korea is the son of Companion Martha R. Cantu, Brownsville, Texas. He went through nine months of fighting without a scratch. That he may continue to be so wonderfully protected is our constant prayer.

And that is our prayer for all who are fighting the cause of freedom and peace. May we never relax for a moment, but rather intensify our pleas each day.

Release from Nervous Tension

●

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